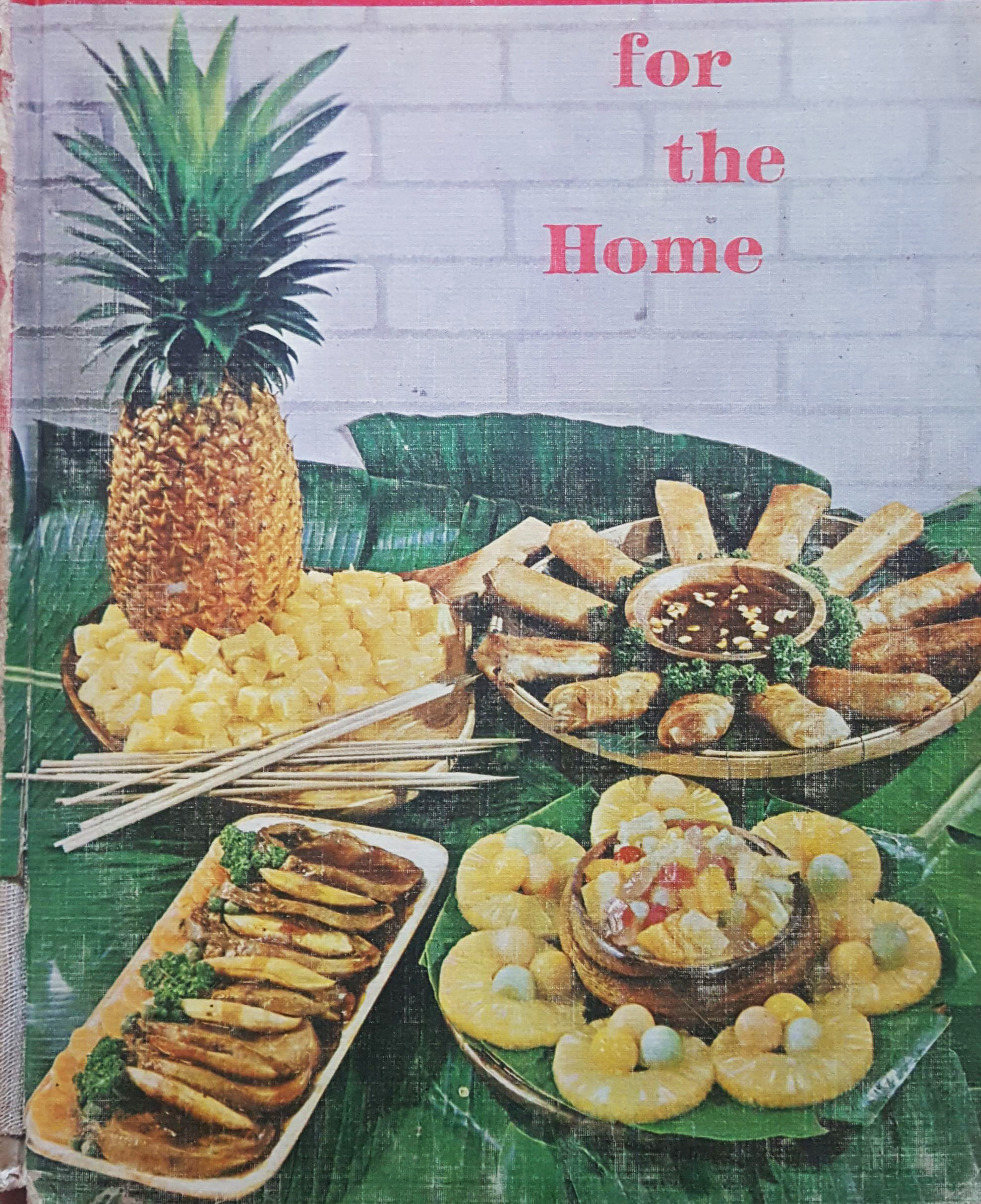


# BEST RECIPES

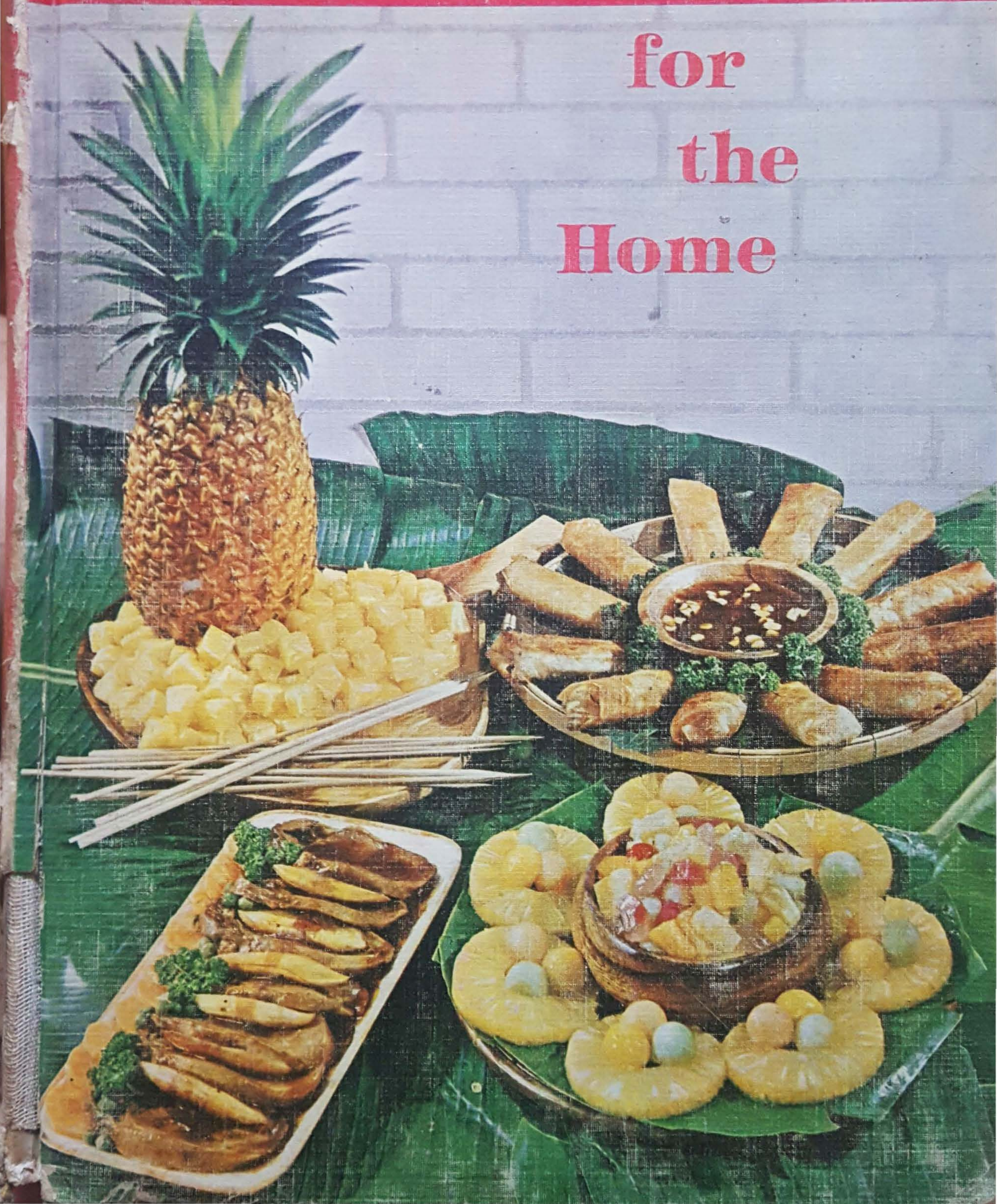
for  
the  
Home





# BEST RECIPES

for  
the  
Home









3/25/71

*This Book Belongs to*

Mrs. Puring Laraban  
Lambayin, Baganga







**BEST RECIPES**  
**for the Home**







# **BEST RECIPES**

**for the Home**

Savory  
and Healthful Delights  
to Tease  
the Palate

PHILIPPINE PUBLISHING HOUSE  
Manila



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# Preface

Of the making of cookbooks there seems to be no end. In all shapes, forms and sizes they spew forth from the world's presses. But varied as they are, each meets a corresponding need in the wide gamut of tastebuds and appetites.

*Best Recipes for the Home* has its own particular role to play, and that it does admirably. It is a collection of recipes particularly selected by Filipino cooks to suit the Filipino palate. Moreover, these recipes are selected not only for their taste but also for their healthfulness. They are *best* recipes.

Of particular interest to the owner of this cookbook will be the chapter of International Dishes, complete with suggested menus. Through these representative recipes, you can make a culinary visit to faraway and intriguing places, learning to know and appreciate better the peoples of other lands, through their foods.

At the same time, as this book finds its way to foreign lands, other peoples can become acquainted with the Filipino diet. On the last page of the book is a list of foods by which a cook can substitute for some of the fruits and vegetables so common to the Filipino but which might not be available elsewhere.

*Best Recipes for the Home* is the distillation of the best efforts of several women of long experience in the kitchen. Particular mention shall be made of Elisa and Edelma de Leon, Corona Llaguno, Erlinda Romulo, Alice Ramos, Helen Brodeur and Exequiela Jimenez.

If you enjoy the book—  
and we believe you will—these are the ones to thank.

—The Publishers







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## Chapter One

# Elements of Good Nutrition



The vitamins and minerals  
essential to the  
human body

NEXT to the water we drink and the air we breathe, food is basic to our existence. Food is necessary for our health and well-being. Without it, life ceases. With too much of it, the digestive organs are overworked and the person may be brought to an early grave. Moreover, it should be the right kind of food and the proper amount of each kind.

The main constituents of food may be classified into six groups: carbohydrates, proteins, fats, vitamins, minerals and water. Some knowledge of each of these is needed if we are to eat properly.

Carbohydrates are simple sugars, or substances that can be reduced to simple sugars by hydrolysis. The main work of carbohydrates is to provide energy for the body. Each gram of carbohydrates that our body burns will yield four calories. Some common foods high in carbohydrates are: kamote, bread, cake, cookies, rice, potatoes, kamoteng-kahoy and our ordinary granulated sugar.

Proteins are made up of the same elements as carbohydrates, but they differ in that nitrogen and sometimes sulfur are present. Proteins



are primarily utilized in the building and repair of body tissues. They are also energy-providing, giving four calories to the gram. However, since they are so expensive, they are not considered a chief source of energy in man's diet. Eggs, fish, meat, milk, garbanzos, tapilan and soybeans are sources high in protein.

Of all the energy-giving substances, fats provide the most energy. They give nine calories for each gram of fat burned in the body. Fats are not only energy-providing. They also serve as padding around the internal organs, insulation for the body, carriers of the fat-soluble vitamins and lubricants of the gastrointestinal tract. Fats also improve the palatability of the diet. Some foods with a high fat content are: peanut butter, avocado, margarine, egg yolk, nuts and coconut.

In a diet, 10 to 15 percent of the total calories should come from protein, 25 to 35 percent from fat, and 50 to 60 percent from carbohydrates.

### **Vitamins and What They Do**

The vitamins are a group of potent organic compounds which occur in small quantities in foods, and are necessary for certain specific body compounds.

In adding vitamins to the diet, we should remember the following points: (1) It is better to use common food sources than concentrates in the form of tablets or powders. (2) We should determine how often a certain food will be used and how much of it will be needed. (3) The availability and the cost of the food must be considered.

All vitamins are necessary for growth and for the regulation of the body processes.

Vitamin A is found in yellow foods such as squash, papaya, carrots, and egg yolk. Dark green leafy vegetables like kangkong, kamote tops and spinach also contain this vitamin. In addition to being essential for growth, vitamin A helps in maintaining normal vision in dim light. In the preparation of vitamin A-rich foods, remember that long slow cooking will prove destructive to the vitamin A that is present, and wilted vegetables and dehydrated foods have suffered considerable loss of vitamin A.

Calciferol or vitamin D is necessary for the development and maintenance of teeth and bones. It performs this function by regulating the absorption and anchorage of calcium and phosphorus. It may be found in cod-liver oil, sardines, fortified milk and herring (tawilis or tunsoy).

Vitamin E reduces the oxidation of carotene and vitamin A in the intestines. It is also necessary for the utilization of cholesterol and vitamin D. Good sources of Vitamin E are cereal germs, green leafy vegetables, nuts, legumes, and eggs.

Vitamin K, the last of the fat-soluble vitamins, is necessary for normal blood coagulation. It is found in cabbage, cauliflower, kale, lettuce and spinach. Vitamin K is also manufactured in the body by bacterial action in the intestine.

Ascorbic acid, more commonly known as vitamin C, provides resistance to infections, although the way this is accomplished is not clear. It regu-



lates the ability of the cells to produce inter-cellular material which holds the cells in proper relation to each other. It also helps in the absorption of iron from the intestines. Since the body does not store ascorbic acid, an ample daily supply is necessary. Vitamin C-rich foods include: strawberries, cantaloupe, pineapple, guava, ratiles, tomatoes, camachile, and all citrus fruits such as pomelo, oranges, and kalamansi. Broccoli, Brussels sprouts, spinach and green peppers are also good sources of this vitamin.

Vitamin C is the most easily destroyed of all the vitamins. Great care must be taken in the preparation of vitamin C-rich foods so as not to destroy the vitamin present. Exposure to air, high temperatures, and water, and dehydration tend to destroy this vitamin. Vegetables should be cooked in as little water as possible and until they are just tender. Try to avoid cutting up the food into tiny pieces since this exposes more surface area to the air. The loss of the vitamin from leftover vegetables may be minimized by keeping them tightly covered in the refrigerator.

The vitamin B-complex is like a family that has many members. First we have thiamine, which is found in both plant and animal tissues. Thiamine, which is also called vitamin B<sub>1</sub>, aids in digestion and helps maintain normal appetite. This results in the promotion of growth, brought about by an increased consumption of food. Thiamine also prevents the occurrence of beri-beri. Legumes, peanuts, brewer's yeast, soybeans and whole grains are good sources of this vitamin. Milk and eggs are also considered fair sources.

Riboflavin, another member of the B-complex, was first called vitamin B<sub>2</sub> or G. Riboflavin functions in several of the important enzyme systems. It is essential for growth and serves in the utilization of food for energy. The body's requirement for riboflavin may be taken from milk, cheese, eggs, kamote tops, kangkong, togue (mongo sprout), brewer's yeast, green leafy vegetables and enriched rice.

Niacin or nicotinic acid is another B vitamin. It should not be confused with nicotine which is an entirely different substance. Like the other vitamins, niacin is essential for growth. It is also a component of an enzyme system which effects the release of energy in the body. The best food sources of niacin are brewer's yeast, peanut butter, and peanuts. Potatoes, legumes and green leafy vegetables are also fair sources of niacin.





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The other B vitamins, their functions and sources are:

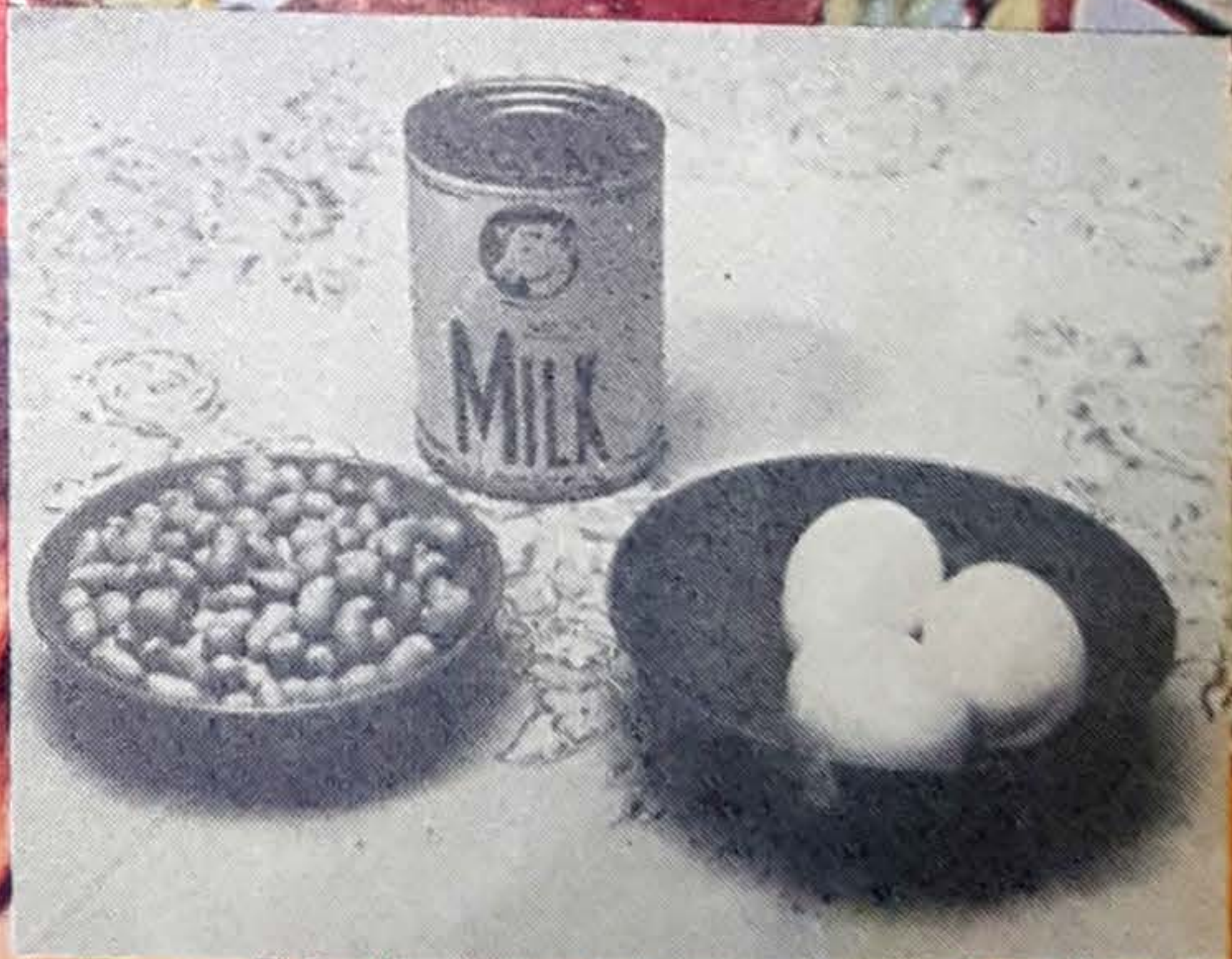
<i>Vitamin</i>	<i>Functions</i>	<i>Sources</i>
<b>Pyridoxine</b> (also called B <sub>6</sub> )	1. Aids in the utilization of foods by the body. 2. Participates in the metabolism of essential fatty acids.	Whole wheat Liver  Soybeans Peanuts
<b>Pantothenic Acid</b>	1. Closely associated with the other B vitamins in the utilization of food by the body.	Egg yolk Peanuts Skim milk Potatoes
<b>Folic Acid</b>	1. Necessary for cellular growth. 2. Prevents certain types of anemia 3. Necessary for normal blood formation.	Lettuce Asparagus Milk Whole grain cereals Deep green leafy vegetables
<b>Biotin</b>	1. Essential for cellular functions.	Eggs Liver Molasses Milk
<b>B<sub>12</sub></b>	1. Formation of red blood cells. 2. Promotes growth. 3. Used in treating anemia.	Milk Kidney Salt-water fish Eggs Cheese
<b>Choline</b>	1. Aids in the synthesis of amino acids 2. Plays a part in the transportation and metabolism of fatty acids.	Egg yolk Wheat germ Liver Peanuts
<b>Inositol</b>	1. Component of body tissues.	Liver Fruits Milk Nuts Whole grains

### Minerals in the Diet

Our bodies need certain elements which are known as minerals. Some of these are: calcium, iron, iodine, manganese, chlorine, magnesium, phosphorus, sulfur, zinc, potassium and sodium. Aluminum, cobalt, fluorine, nickel, molybdenum, and silicon are needed in very small amounts and so are referred to as trace elements. All of these minerals make up less than five percent of the body weight but they are indispensable to the body functions.

With a wide variety of fruits and vegetables, milk and eggs, we can be assured of all the nutrients necessary for health.







## 14 *Good Nutrition*

The general functions of the minerals are:

1. They serve as constituents of the bones and the teeth and they give rigidity to these hard tissues.
2. They are components of soft tissue, e.g., the muscles.
3. They make possible the normal rhythm of the heart beat.
4. They are essential for blood clotting.
5. They help control the contraction of muscles, the irritability of nerves, and the water balance of the body.

A diet that is rich in protein will provide adequate amounts of sulfur, and an ordinary mixed or varied diet supplies magnesium and manganese. Chlorine and sodium may be derived from ordinary table salt. Actually, only calcium, phosphorus, iodine and iron are most likely to be lacking from the diet.

The body contains more calcium than any other mineral. In the body, 90 to 99 percent of the calcium is concentrated in the bones and the teeth. Calcium serves two functions in the body. It aids in the building of bones and teeth and it is necessary for the regulation of certain body processes. Some of these processes are normal heartbeat and blood coagulation. Good sources of calcium include: milk, egg yolk, cheese, salmon, dried beans, green leafy vegetables and ice cream.

Iron is very necessary in the formation of hemoglobin. It is also an essential component of myoglobin, a compound which stores oxygen in the muscles. Good sources of iron are: egg yolk, raisins, ampalaya leaves, prunes, spinach, malunggay, dates and potatoes. Since the function of copper is closely related to that of iron, most foods that are good sources of iron are also good sources of copper.

Iodine is an important constituent of thyroxin. It aids in the regulation of the nervous system and the maintenance of good health. One of the best ways to obtain iodine is by the use of iodized table salt. However, if iodized salt is not available, iodine may also be found in cod-liver oil, fish, and vegetables produced on soils with a high iodine content.

Phosphorus is essential in the oxidation of carbohydrates and is needed by the body tissues. It constitutes nearly one-fourth of all body minerals. Phosphorus is necessary for the building of normal bones and teeth, the transport of fatty acids, and the metabolism of fats and carbohydrates. It regulates the neutrality of the blood and controls cell activity. Good sources of this mineral are: cheese, corn, egg yolk, legumes, milk, whole grains and leafy vegetables.

### **Water for the Body**

Next in importance to oxygen, the body needs water. Around 70 percent of our body weight is made up of water.

Water is used by the body in many ways. It acts as a solvent for all of the products of digestion, it is used as a building material, it prevents friction between the moving parts of the body and it is the means by which food is carried to the cells and waste products are carried out. Water is also important in that it helps regulate body temperature.



The body's requirement for water is taken from: (1) fluid intake—drinking water, fruit juices, and milk, (2) solid food—most foods contain some amount of water and some, such as tomatoes and strawberries, have a high water content, and (3) metabolic water—the water produced by the oxidation of foodstuffs in the body.

Water passes out from the body by four avenues—the kidneys, skin, lungs, and gastrointestinal tract.

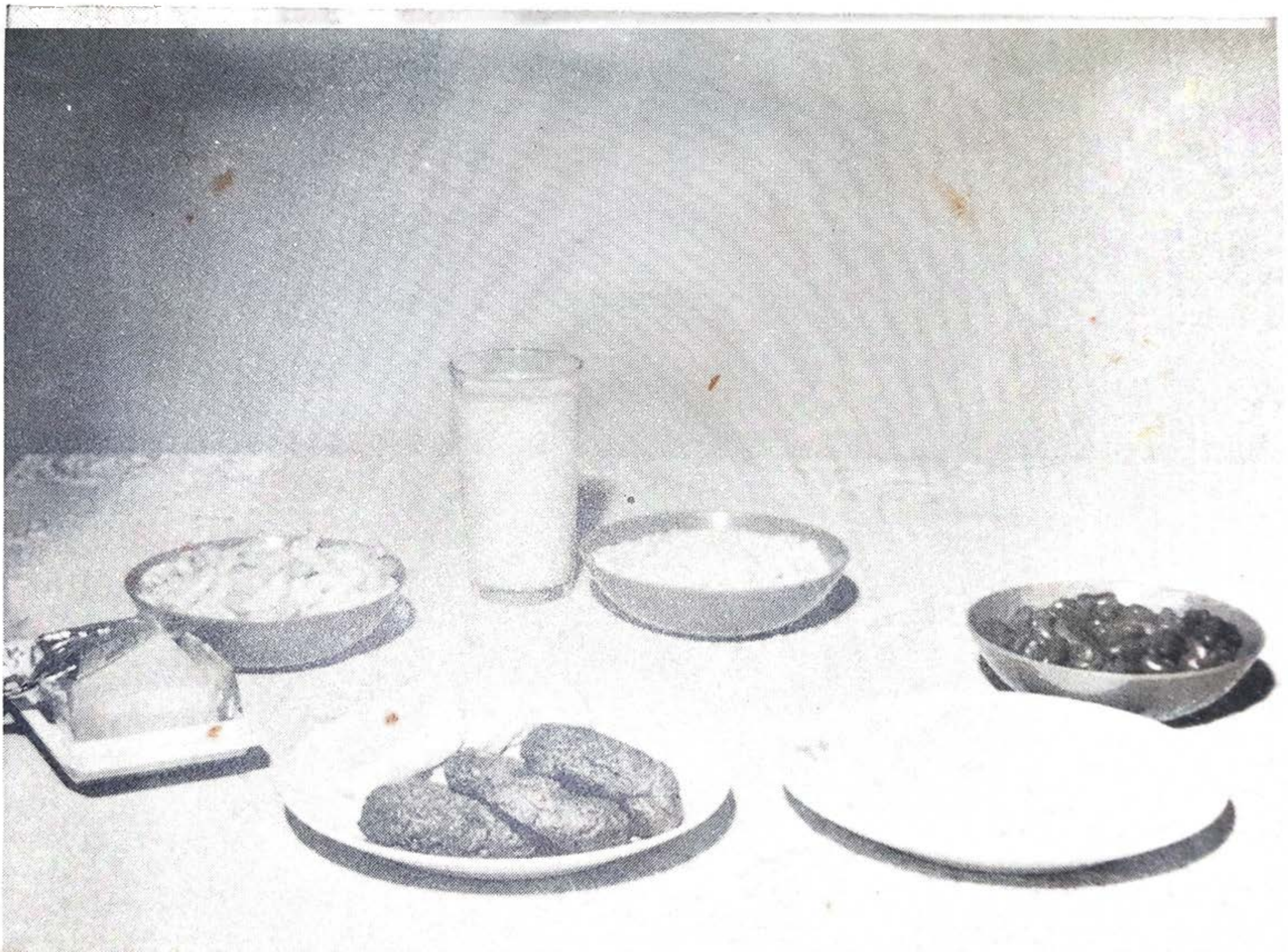
Six to eight glasses of water daily is sufficient for a healthy person under normal circumstances. In hot weather when the water loss is greatest, one may have to take in more than the accustomed amount of water. Drinking water during meals is advisable just so care is taken not to wash down the food with the water.

### **Protein Supplementation**

According to Sacred Scripture, God did not intend for man to eat flesh. In the beginning, when He created Adam and Eve, the diet He gave them consisted of fruits, grains and nuts. After man sinned and was driven out of the Garden of Eden, vegetables were added to his diet. It was only after the flood, when for a time no plant foods were available, that God gave man permission to eat flesh foods.

Although meat, fish, and poultry are among the sources of protein, a vegetarian diet is more conducive to good health. We need to find a way to get as much protein from plant foods as we would get if we were to eat meat.

**Protein foods build and repair body tissue. Some protein must be taken regularly, for the body cannot store this important element.**





A complete protein is one that has all of the essential amino acids, and is capable of maintaining life and producing growth. Many people who follow a vegetarian diet, have the erroneous belief that gluten (a component of wheat flour) has everything that meat has. They try to exist on a diet of gluten. It is true that gluten is a protein food, but it is an incomplete protein, for wheat is deficient in lysine, one of the essential amino acids.

Four of the essential amino acids have been found to be in short supply in certain foods. Wheat, as we have already mentioned, is short in lysine. Rice is deficient in both lysine and threonine, corn in tryptophan and lysine, and beans in methionine. In order to have a diet that is complete as far as protein is concerned, it is necessary to combine foods so as to have all of the essential amino acids. Rice and corn would be a bad combination, because, although rice has tryptophan which corn is deficient in, and corn has threonine which rice lacks, both are cereals, so lysine would still be lacking. Rice and beans would go together better, for, although legumes are short in methionine, they are well supplied with lysine.

There are three possible methods of protein supplementation which can be followed:

1. Take in the correct mixtures together. Some good food combinations would be macaroni and cheese, gluten and tokwa, rice and beans, and cereal and milk. Having beans for lunch and gluten for supper will not solve the problem of protein shortage. Foods that supplement each other should be eaten at the same meal, or at most, within thirty minutes of each other.

2. Add synthetic amino acids to the diet. Although this is not very practical because of the disagreeable flavor of amino acids, it could be resorted to in cases of tube feeding for the sick.

3. Eat your food with small amounts of complete protein. The Filipino practice of adding small bits of complete protein, e.g., eggs and pechay, to recipes, improves the total quality of protein in the diet.



## Chapter Two

# Meal Planning and Preparation



Provide good nutrition with  
economy, variety and  
attraction

THE planning and preparation of meals is a very important subject for housewives and other people who work with food. The way in which a food is prepared can determine whether or not it will be eaten.

Depending on how you look at it, menu making may be lots of fun or lots of hard work. The truth is, it is just as easy to serve attractive, tasty meals as it is to fix the same old dreary tokwa day in and day out. In planning meals, there are several points to consider. They are (1) nutritional value, (2) palatability, (3) economy, (4) sanitary quality, (5) variety, and (6) the individual likes and dislikes of each member of your family.

Nutritive value is an important point to consider in meal planning. We eat mainly for health, not for pleasure alone. Therefore, care should be taken that all of the necessary nutrients are present in our food. In making menus, it would be well to use the "Basic Six" as a guide.



### The Basic Six

1. Leafy green and yellow vegetables, and fruits: one or more daily (1 serving—1/2 cup cooked or 1 cup raw). **Examples**—malunggay, kangkong, kamote tops, pechay, squash (fruit, flowers and leaves), ampalaya leaves, spinach, mangoes, carrots, sitao and cabbage.

2. Vitamin C-rich foods: one or more servings daily (medium-sized fruit, or one slice of a big fruit). **Examples**—guava, papaya, orange, kalamansi, pomelo, raw cabbage, tomatoes, balimbing, ampalaya, ratiles, strawberries, lacatan, pineapple.

3. Succulent fruits and vegetables:—2 or more daily (1 serving—1/2 cup cooked or 1 cup raw). **Examples**—santol, chico, kaimito, duhat, eggplant, chayote, patola, upo, cucumber, radish, watermelon, avocado, banana.

4. Fat-rich foods:—3 tablespoons daily. **Examples**—butter, margarine, coconut milk, coconut, coconut oil and chocolate.

5. Protein-rich foods:—1. gluten, meat, fish and poultry—3 servings daily (one serving as big as a matchbox); 2. eggs—two to three a week; 3. milk—3 to 4 cups daily for children, 2 cups daily for adults; 4. legumes—1/2 cup cooked; 5. nuts—3 tablespoons daily. **Examples**—gluten, meat, fish, poultry, eggs, mongo, patani, kadyos, tokwa, soybeans, tapilan, milk and garbanzos.

6. Rice and other carbohydrate-rich foods:—four or more daily (1 serving—1 cup packed, cooked). **Examples**—rice, corn, kamote, gabi, bread, kamoteng-kahoy, oatmeal, cake, cookies, potatoes.

### Other Pointers

Palatability is another factor to consider in menu-making. This includes both the taste and the appearance of the food. For example, brewer's yeast contains many of the B-vitamins but it tastes horrible to many people. The palatability of brewer's yeast can be improved by masking its disagreeable flavor with fruit juices, milk, or cocoa. It can also be added to mock meat loaf or patties.

One of the most important things to consider in meal planning is economy. We need to realize that expensive foods are not necessarily the most nutritious, and neither are cheap foods necessarily lacking in the proper nutrients. For example, instead of buying strawberries, at prohibitive prices, for your vitamin C, why not use oranges or kalamansi instead. A glass of kalamansi juice for breakfast certainly is cheaper than a bowl of strawberries. Wise substitution in foods will leave you more money with which to buy other foods. In planning your menu, use fruits and vegetables which are in season. This way, you will be getting the best quality for the least money. If you have any leftover food, try to serve it in a different form so that the family will have no qualms about eating it. Do not serve too many kinds of food at one meal. Rice, two vegetables and one protein dish plus milk or some other beverage is enough. Dessert should be optional.



You as a housewife or cook should take care that the sanitary quality of the food is preserved. It is a rather unpleasant task to eat food that has had six-legged visitors all over it. Unsanitary methods in the handling and preparation of food can cause disease and even death. All fruits and vegetables should be carefully washed after purchase. If you live in a house that has unscreened windows and doors, by all means keep the food covered until serving time so that the flies will have no opportunity to step on it. These safety measures are very simple to take, yet by following them you will save a lot on doctor's bills.

### **Variety in Meal Planning**

Variety is sometimes the biggest factor in determining whether a meal will be a success or not. There are several ways of adding variety to meals. Here are some pointers toward that end:

1. Don't repeat the same kind of food in one meal. If you are having a tokwa-gluten loaf for dinner, do not serve adobong tokwa as well.

2. Try to avoid using only one type of foodstuff in one meal: A menu consisting of rice, macaroni salad, potatoes and cookies is bad because all of these foods are rich in carbohydrates. As has been stated in the chapter on good nutrition, a proper meal should be 10 to 15 percent protein, 25 to 35 percent fat and 50 to 60 percent carbohydrates.

3. Avoid serving more than one strong-flavored food in one meal. If you are serving radish kilawin, then save the gluten curry for another meal. The opposite of this should also be avoided. Too many bland foods taken together are unappetizing.

4. Combine flavors. A contrast in flavors is always good and certainly adds to the variety of the menu. Try using bland foods to complement tangy ones, sweet foods to contrast sour.

5. Use sauces and relishes to add to the flavor of a dish, but do not mask its original flavor. Just the right amount of catsup can do wonders for a meat loaf, but too much catsup can drown it.

6. Be particular about serving-temperatures. If the soup is meant to be hot, serve it HOT, and if ice cream is on the menu, serve it COLD. Nothing is more unappetizing than lukewarm soup or runny ice cream.

7. Provide attractive color combinations. A meal of mashed potatoes, Spanish rice, and cauliflower is monotonous in appearance. Try using complimentary colors such as red, green, yellow and white. Color can also be added by using garnishes such as red and green pepper rings, kinchay, celery or peanuts.

8. Contrast textures and consistency. Don't serve a meal consisting of arroz caldo, creamed chopped gluten, mashed potatoes and pudding. Try to have something chewy like gluten steaks, something soft such as mashed squash, and something hard like peanut brittle.

9. Vary the shapes of food. Try to have a variety of shapes—round, square, etc.—on the plates. It would be rather odd to serve whole kernel corn, baked beans, rice and kadyos all at the same time.

10. Plan your menus according to the season. Piping hot soup will not be welcomed if served on a hot night in April, but it would be a nice ad-



dition to a meal in December. Likewise, cold frosty pineapple juice is not very amusing early on Christmas day.

The likes and dislikes of each family member should be carefully considered when you plan your menus. If Junior likes fried tokwa but the rest of the family hates it, find something else that will satisfy everyone. Don't make your family eat something just because it is good for them. Good substitutions can be made with a little imagination. Here, however, we should take care that we don't cater to the whims of one member and ignore the others. With so many foods to choose from, it should be easy to please everyone.

### **Have a Good Breakfast**

One of the meals that needs the most careful planning is breakfast. Since it should be the heaviest meal of the day, the housewife should make sure that it contains all of the necessary nutrients. One mistake that is very commonly committed nowadays is the skipping of breakfast or the eating of too light a breakfast. Too many people eat nothing but one or two pieces of pandesal with one cup of rice coffee for breakfast because they are in a hurry. Then when they feel run-down at about ten o'clock, they wonder why.

There are two things that should be done so that an adequate breakfast can be had. (1) Wake up early and (2) plan simple, easy-to-prepare but balanced menus. Breakfast should include a protein food such as egg or milk, cereal or bread, or both, and beverage. If a good source of vitamin C is included, the day's allowance is assured. Variety can be added in many ways. Cereals can be hot or cold and so can the bread. Bread may vary from plain white to griddle cakes to pandesal or ensaymada. For beverage you could have milk, cocoa, rice coffee or Postum, and your vitamin C source can be anything from orange juice to pomelo sections.

### **Saving Time**

Wise use of time spent in preparing meals can mean more time left for other activities and chores. Time is like money. It needs to be budgeted if you are to make the best use of it.

Here are some suggestions which may help:

1. When you make menus, make enough for the whole week. This will also save marketing time for you.
2. Shop when the markets are less crowded so that you will not spend too much time in pushing and shoving around the stalls.
3. Plan simple easy-to-prepare meals which are suitable for all ages. Do not cater to the individual whims of each member of the family.
4. Plan a work schedule for each day. If you write down all of your activities you will notice that there are many instances where time can be saved.
5. Arrange your kitchen tools and utensils in the order in which you will use them. Keep the most used items nearest your work area. For example, potholders should be as near the stove as possible. Never mind if they look very cute over the sink; they are quite useless there.





**A good breakfast is important to everyone—student, office worker, or those who work at heavy labor.**

6. Prepare similar items together. If you are planning on more than one recipe that calls for garlic, pound and peel all the garlic you need at one time. Just set the extra aside till you begin on the second recipe.

7. If you have only one measuring cup, measure your dry ingredients before the liquid or the shortening. The time you would have spent in washing the cup can be used for something else.

8. Wash your utensils and tools right after using so that they will be ready for using again. It is very irritating to find the frying pan full of water just when you need it badly. Also, if you allow your kettle to stand after using it, the food will dry in it and you will have to spend precious minutes in scraping.

### **Common Errors**

One of the most frequent errors concerning food is noticed at parties and get-togethers. Every hostess wants to be a good cook, and she outdoes herself in preparing food. The result? Too much food. Very frequently, the food leans heavily toward the protein and carbohydrate side. Here is a sample of a bad menu: Gluten fritada, pancit, adobo, lumpia, rice, puto, conchinta, bibingka and suman. What do you notice about this? That's right. Very little, if any at all, of vegetables.

Listed below are some of the more common errors. Also given are ways to avoid them.

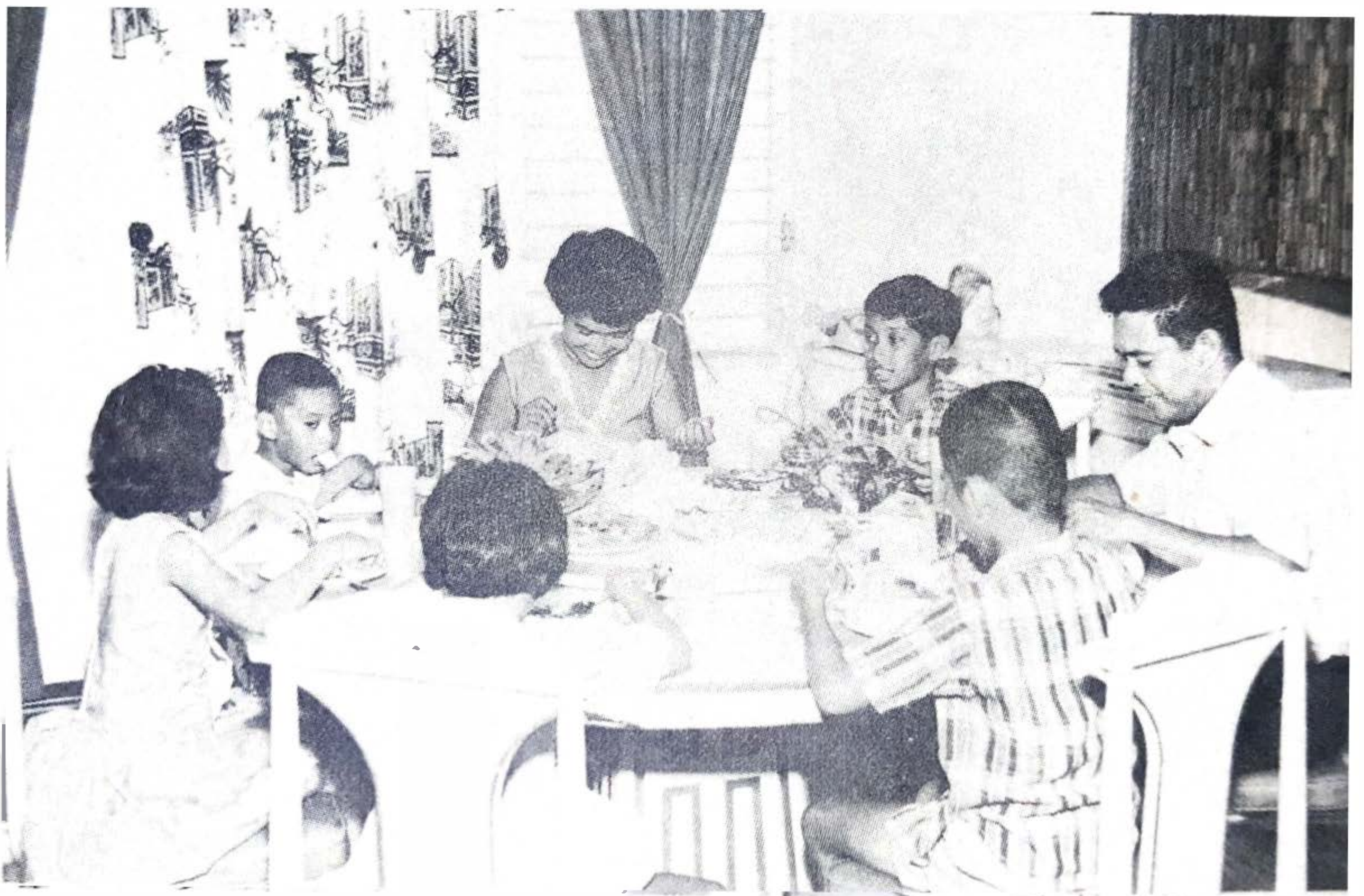


1. Many people cook vegetables until they are overdone. When a vegetable is overdone, it gets soggy, out-of-shape and loses its color. It also loses the vitamins present in it. Why don't we try following the Japanese practice of cooking vegetables in just a little water, and taking them out while they are still crisp. Try drinking the water the vegetables were cooked in. It's delicious and what is more, it contains the vitamins that were lost from the vegetables.

2. "No, Junior," says Lola Ticay, "you can't have any kalamansi juice. You've just finished drinking your milk. If those two are together in your stomach, the milk will solidify and you will have a stomach-ache." This is funny. So what if the milk solidifies? It is really supposed to do just that because of the action of the hydrochloric acid in the stomach. Lola Ticay should be glad that Junior shows an interest in kalamansi juice because it will provide him with vitamin C.

3. "Eggs with white shells are more nutritious than those with brown." How many times have you heard that statement? There is no reason why shell color should determine the nutritive value of an egg. Brown-shelled eggs have the same nutritive value as white-shelled ones.

**A happy and relaxed atmosphere at mealtime will aid  
the digestion and assimilation of food.**





4. Expectant mothers refuse to eat singkamas and tomatoes because they are "cold." What is wrong with cold foods? Anyway, even if the mother were to eat ice cream, its passage down the alimentary tract would warm it so that by the time it got to the stomach it would no longer be cold.

5. Brown rice is only for poor people. White rice is better. True? Or false? You decide. White rice has been refined until the outer covering has been completely taken off. That is why it is so shiny and white. But—many of the B vitamins are in that outer covering. The brown unpolished rice still has the outer covering. Now, answer: Which is better?

6. "Milk is fattening." This is a fallacy. No particular food is fattening. Overeating is what fattens people because the extra calories are turned into adipose tissue. Actually, milk is very necessary in the diet because of the calcium it provides.

7. Nana Emang threw a big party on her sixteenth birthday. All of her friends and relatives came and helped to diminish the piles of food on the table. What was on the table? Chicken adobo, fried chicken, boiled chicken, fritada, menudo, kaldereta, atchara, puto, bibingka, cochinta, sinukmani, suman, and plenty of rice. What's wrong with this menu? It leans too heavily on the protein and carbohydrate side. All of the main dishes are protein and all of the dessert is carbohydrate. This is one instance where a knowledge of variety in foods is necessary. Vegetables could be substituted for some of the meat dishes, and fruit for some of the desserts.

### **Staying Quality of Food**

In planning meals, include those foods that give a feeling of satisfaction that lasts nearly to the next meal. The staying quality is dependent upon the rate of digestion of the food and the rapidity of its passage through the digestive tract. The form and composition of the food determine its staying quality.

Protein foods and foods cooked in fat are high in their satiety value or staying quality. Carbohydrates, fruits, vegetables and liquids are rather low.

Indoor workers such as housewives, teachers, students, and young children who stay at home need food that has a moderate staying quality. People who work outdoors or do manual labor indoors need food with a high staying quality.



## Chapter Three

# Economy in Meals



Tips on purchasing and storing  
food that will save  
you money

IF you take a look at a typical family's budget, you will notice that the largest single item is food. Money isn't everything when it comes to planning tasty nutritious meals. Well-balanced food can be prepared just as well on a small budget as on a lavish one. All that is necessary is some knowledge of how, what, and when to buy. Less money spent on food means more money for other needs.

### Stretching the Peso

Here are some pointers for saving your food money:

1. Buy foods in season. Certain fruits and vegetables are available only at certain times during the year, and during the time they are in season, they are much cheaper than out-of-season foods.
2. Use a list drawn up before leaving the house. You may make minor changes when you see what the market offers, but buying by guesswork is merely wasting money.
3. Avoid buying luxury items on impulse. If your food budget is limited, don't buy mushrooms just because they are delicious in pancit.
4. Buy perishable foods only as you need them. Buying plenty of fish at one time is just a waste of money if all of the fish cannot be eaten



at once. This principle may be modified slightly if you are fortunate enough to own a refrigerator.

5. Check your supplies on hand while making out your shopping list. Keep a pad handy on which to list necessary items as you run out of stock.

6. Buy food of good quality. Those sour little oranges may be cheap, but if your family refuses to eat them, your money has been spent uselessly.

7. It is cheaper to buy staples such as rice, sugar, salt and flour in large amounts. Store them in airtight cans or bottles to keep out moisture and bugs.

8. Compare prices in different market stalls or grocery stores. There are times when two dealers may be carrying merchandise of equal quality, but one might charge less.

9. Buy at a convenient time. If you are in a hurry, you will tend to do your shopping haphazardly, thereby wasting both time and money.

10. Buy only as much as the family can eat. No matter how much Nonoy loves mangoes, he will get tired of them if they appear on the table three times a day for a whole week.

11. Use evaporated milk or buttermilk powder instead of fresh milk. The former are cheaper, and give the same food value.

12. In buying canned or bottled goods, read the labels carefully. Compare brands in order to make sure you get the best for your money. Fancy labels or nicely shaped bottles do not always come with quality merchandise.

13. Meat is an expensive source of protein. Why not use tokwa, beans or eggs instead. Not only are they cheaper—they are also better for health. You will find that when properly prepared, these foods can be as tasty as meat dishes.

14. To avoid too much table waste, cook food for maximum palatability and serve small to medium portions, never large ones.

15. Cook just enough food for each meal. This especially pertains to vegetables. Leftovers deteriorate in nutritive value and many refuse to eat them because they are often stale and soggy.

16. It is all right to buy in large quantities if the price per unit is less, provided you have space for proper storage, and you can use the food before it spoils.

17. Plan meals for several days at one time.

18. If you cannot be home for every meal, carry a lunch or "baon" with you. Food at restaurants and carinderias usually costs more than food prepared at home.

19. Buy brown eggs if they cost less than white. The nutritive value is exactly the same.

20. Try to minimize waste in food preparation. For example, you can cook potatoes in their jackets, and use the outer dark-green leaves of cabbage.

21. If you have time and space, grow some of the vegetables you need, in a garden. This will insure you of a fresh supply whenever you need it.

22. Instead of patronizing the corner bakery, make your own bread, cakes and cookies at home.



23. Use margarine instead of butter for a spread on bread, etc. It not only is cheaper, it is also more healthful.

24. In buying fresh vegetables, keep the following points in mind:
- a. Check the color—it should be bright. For example, tomatoes should be a healthy red, carrots a rich orange, and spinach a deep green.
  - b. Buy only what you can use right away. Keeping vegetables a long time is not practical since they tend to get over-ripe or spoiled. Don't buy potatoes in very large quantities, either. They might sprout before you use them up.

### **Buying Food in Cans**

Canned foods are not used very often here in the Philippines, but they are used often enough to make it necessary for us to know how to purchase them.

The best and most complete guide to buying canned goods is the label on the can. The labels tell you the brand name, the contents, the address and name of the manufacturer, the weight or liquid measure of the contents, and the ingredients. Occasionally, recipes using the contents are given. The label also gives the style or form of the canned product. For example, it tells whether the pineapple is crushed, sliced, diced or cubed; if corn is whole kernel or cream style.

The large economy size in canned products is economical only if you can use the entire amount at once or in the very near future. Once out of the can, the food is subject to spoilage.

A bulging or leaking can is a sign that the food inside is damaged. However, slight dents or stains on the label of the can will not harm the contents.

When you buy canned foods, compare brands. Some brands may have fancier labels and thus higher prices than others, but the contents are the same. Others may have the same quality but there is a great difference in prices. By careful reading of labels and comparing of brands, great savings can be made.

In purchasing canned products, the way they will be used should be considered. For instance, if you will use pineapple for cookies or candy, crushed pineapple will serve your purpose very well. But if you are making a salad or an upside-down cake, then buy pineapple chunks or sliced pineapple. If you are on a tight budget, purchase the less expensive grades. The sizes and pieces inside the can may not be uniform, but they have exactly the same food value as the most expensive brands.

### **Food Spoilage and Storage**

Foods can be classified as perishable, semi-perishable, and non-perishable. Perishable foods are those that spoil easily unless there is some means of preserving them. Milk, meat, fish, and juicy foods like mangoes and tomatoes are perishable. Semi-perishable foods keep for a limited time. They do not spoil readily and can be kept for several months by common storage methods. Foods of this class are mature potatoes, beets, carrots



and garlic. The non-perishable foods are foods which can be stored for an indefinite length of time. These include rice, oatmeal, dried beans such as mongo, and bulgur wheat.

Perishable foods keep best at low temperatures usually just above the freezing point. However, if refrigeration is not available, then these foods should be bought only as needed. The semi-perishable foods are best kept in a dark, dry, cool place. A dry atmosphere keeps bacteria and other microorganisms from growing, while the low temperature and exclusion of light prevents growth among such foods as potatoes and onions. Non-perishable foods should be stored in dry, airtight containers so that bugs and insects cannot get in.

By using the proper storage methods, no food will be wasted and your food money will have been spent wisely.

Here are some suggestions regarding some specific foods:

Fresh berries should be wrapped in paper and kept cool, preferably in a refrigerator. Wash and hull shortly before using. Leftover hulled berries should be kept tightly covered in a glass or plastic container in refrigerator.

Bread should be stored at room temperature in a ventilated metal box. If kept in a refrigerator, it will not mold so quickly, but will become stale faster.

Cookies, of the thin, crisp kind, may be stored in a can with loose cover. Soft cookies should be stored in airtight container.

Custard puddings and sauces are very perishable. Cool and store immediately in refrigerator for not more than 24 hours. Never eat custards that are kept for more than 12 hours without refrigeration.

Keep milk, cream, eggs, in refrigerator.

Fruit pies should be covered with waxed paper or aluminum foil. May be stored at room temperature. Freshen by heating for a few minutes in oven.

Potatoes, onions, beets, carrots, other root vegetables, keep in dry, cool, well ventilated place. Leafy vegetables should be kept in refrigerator.



## Chapter Four

# Kitchen Hints



Shortcuts in meal preparation  
to make your work easier

### CHOOSING YOUR UTENSILS

ANY workman can do a better job when he has the correct tools. This holds true for the cook in the kitchen as well. When buying your equipment you will want to consider several things besides the price only.

**Aluminum** is probably the best for all-around utensil use. It requires a bit more care to keep it shiny and clean, but that is more than compensated for by giving even heat distribution no matter what kind of range you have. Aluminum ware is usually less expensive than some of the other kinds. It can be obtained in sheet or cast aluminum.

There are still some who may have doubts about the safety of using aluminum. It is possible that very minute quantities of aluminum may be absorbed into the food. The same thing happens with iron or copper pots. But these minerals also occur naturally in many foods. Authorities agree that these small quantities have no harmful effect.

**Stainless steel** is somewhat more expensive, but is easier to keep



clean and shiny and will not wear out as soon as aluminum. Be sure stainless steel pots have copper, aluminum, or laminated-steel bottoms to spread the heat and keep the pots from getting dark heat spots.

**Glass** is good for baking in the oven, but is not practical for cooking on top of the stove.

**Enamelware** is not as common for cooking purposes as it once was. It must be handled carefully to prevent cracking, chipping or discoloring.

**Cast iron** is sturdy for skillets, but it must be kept seasoned or it will rust. To season, spread melted shortening or salad oil (**without salt**) on the inside of the utensil and on its cover. Warm in oven for several hours, at low heat, swabbing sides and cover occasionally with more fat. Wipe off excess fat or oil with absorbent paper. The utensil is now ready to use. To maintain the seasoning, wash with soap only, not with detergents.

**Teflon** is a coating that is applied to the inside of some aluminum or steel pots and pans. It helps to prevent the food from sticking to the pot, especially when it becomes overheated. This makes the utensil easier to wash. Take care not to scratch the Teflon coating with a sharp instrument such as a knife or fork. Use a wooden or plastic spatula to clean out food remnants before washing.

Here are some hints on how to care for your pot and pans:

1. Keep food boiling gently so it will not boil over and leave burned food that will be hard to remove later. Gentle boiling cooks just as fast as hard boiling, and reduces chances of the pan's boiling dry and scorching.

2. Do not leave griddles and skillets over the heat while you wait to put food in them.

3. Lower the heat under all utensils after cooking has started.

4. If you cannot wash the pans right after using them, at least rinse them. It will make washing easier later. If they need soaking, fill them with warm, sudsy water.

5. Wash utensils in hot sudsy water; rinse; dry. Use a fine abrasive powder to remove all stains. To remove baked or burned-on food particles, or to scour aluminum and cast iron, use scourers such as steel wool or plastic scouring pads.

## What the Well-Equipped Kitchen Will Have

2 measuring cups  
2 sets measuring spoons  
Egg beater  
Flour sifter  
Grater  
2 wooden mixing spoons  
Scissors  
Can opener  
Bottle opener  
2 small paring knives  
Bread knife

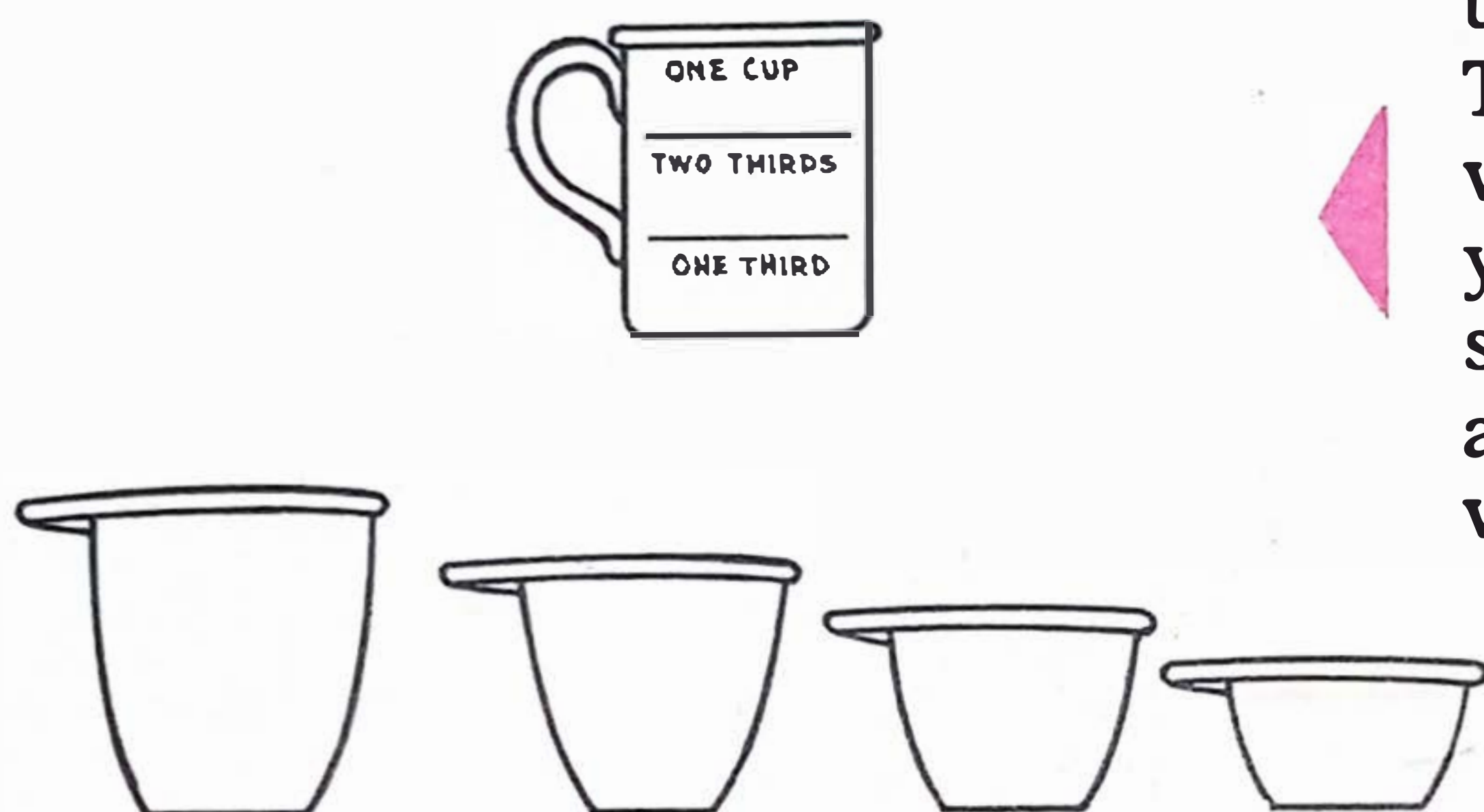
Chopping knife  
Spatula  
Rubber scraper  
Slotted metal spoon  
Large two pronged fork  
Soup ladle  
Pancake turner  
Wire whip  
Wire strainer or sieve  
2 wooden chopping boards  
Melon scraper



## 30 Kitchen Hints

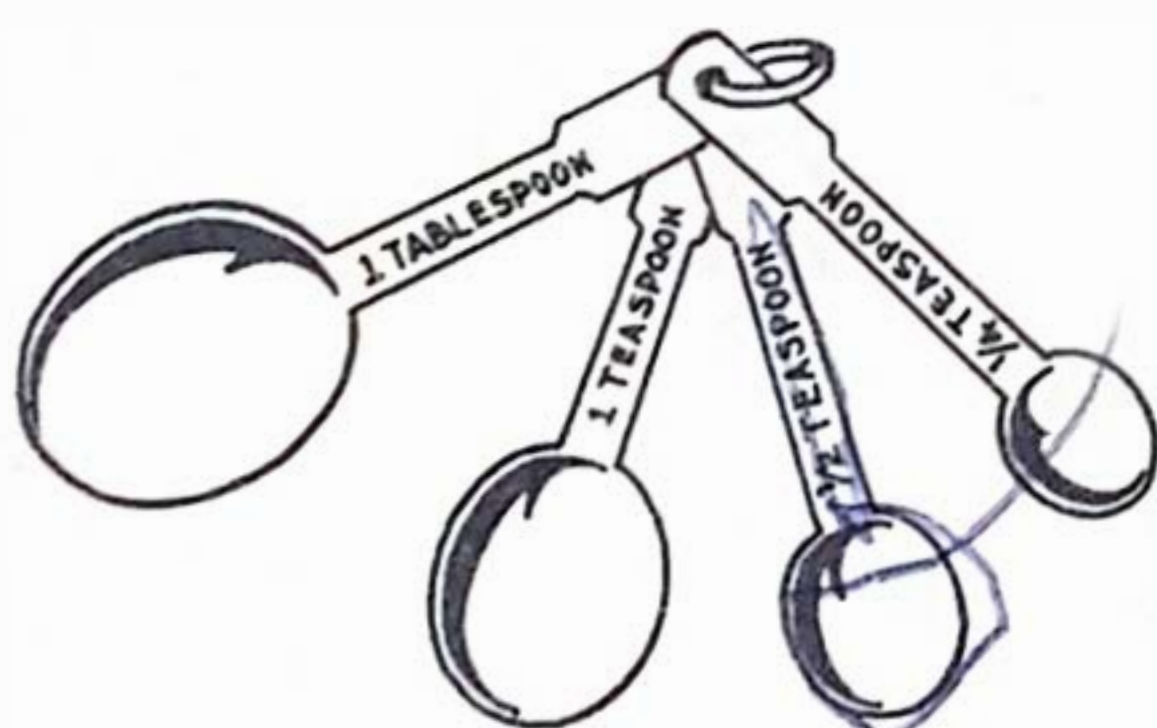
Ice scraper  
Ice pick  
Coconut grater  
2 muffin pans  
2 layer cake pans  
Pie pan  
Utility tray  
Loaf pan  
Set of 3 mixing bowls  
Oblong cake pan  
Large frying pan (10")

Small frying pan (5")  
Double boiler  
2-qt. saucepan  
Large kettle  
Medium-sized kettle  
Colander  
1 dozen dish towels  
4 pot holders  
3 dishcloths or sponges  
Steel wool



You should have two 1-cup measuring cups for dry ingredients. These should measure one cup when level full at the rim. Better yet, have one 1-cup cup and then a set of four cups of graduated sizes: a  $\frac{1}{4}$ -cup,  $\frac{1}{3}$ -cup,  $\frac{1}{2}$ -cup, and 1-cup. This will make accurate measuring easy.

For liquid ingredients, a cup whose full mark is below the rim is convenient, to save spilling. Also, a 2-cup and a 1-quart measure are useful.



For measuring spoons, a set or two of graduated sizes on a ring you will find handy. Thick aluminum will last longer than plastic. The set should include  $\frac{1}{4}$ ,  $\frac{1}{2}$ , and 1-teaspoon, and 1-tablespoon.



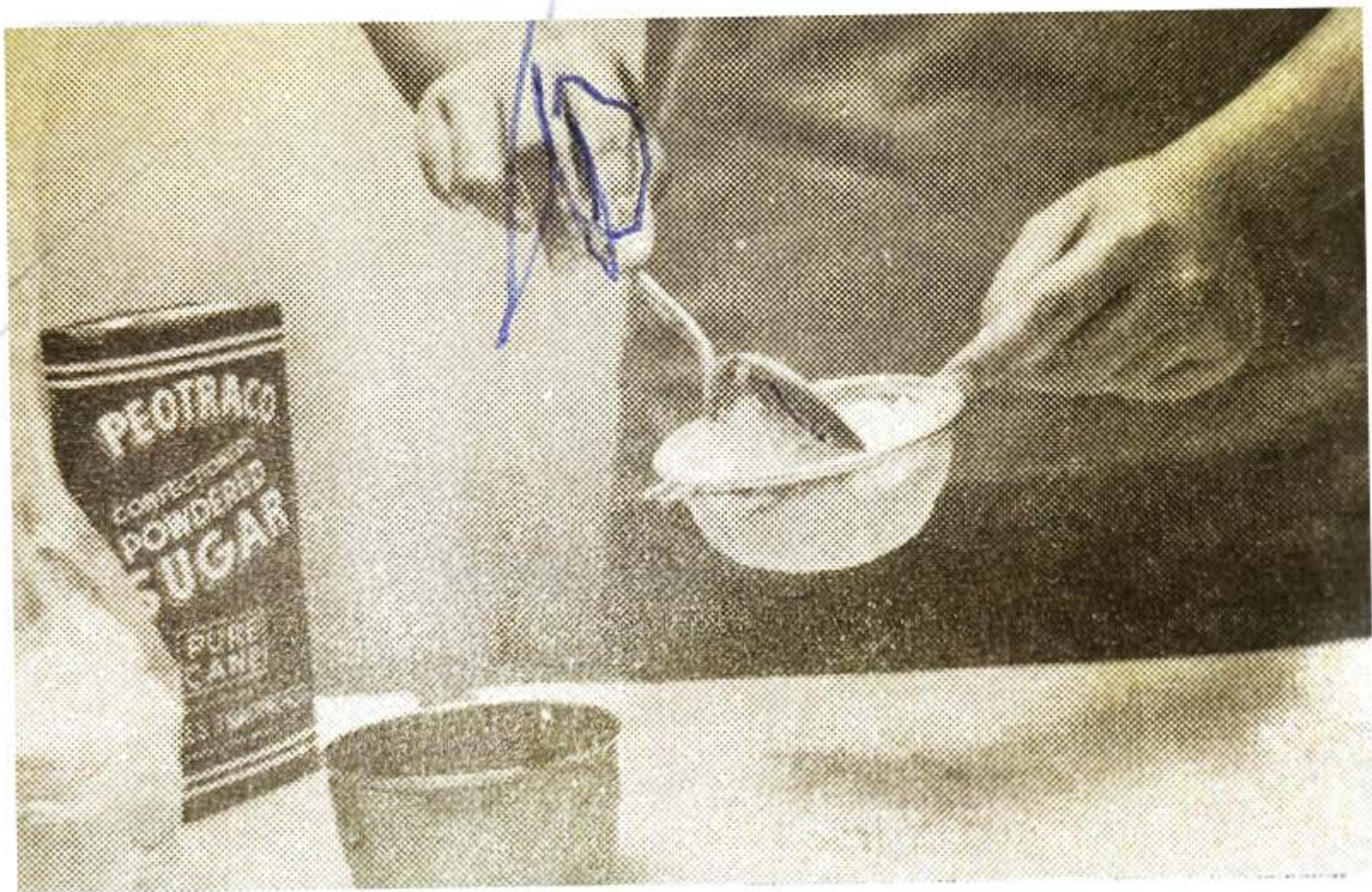
## HOW TO MEASURE



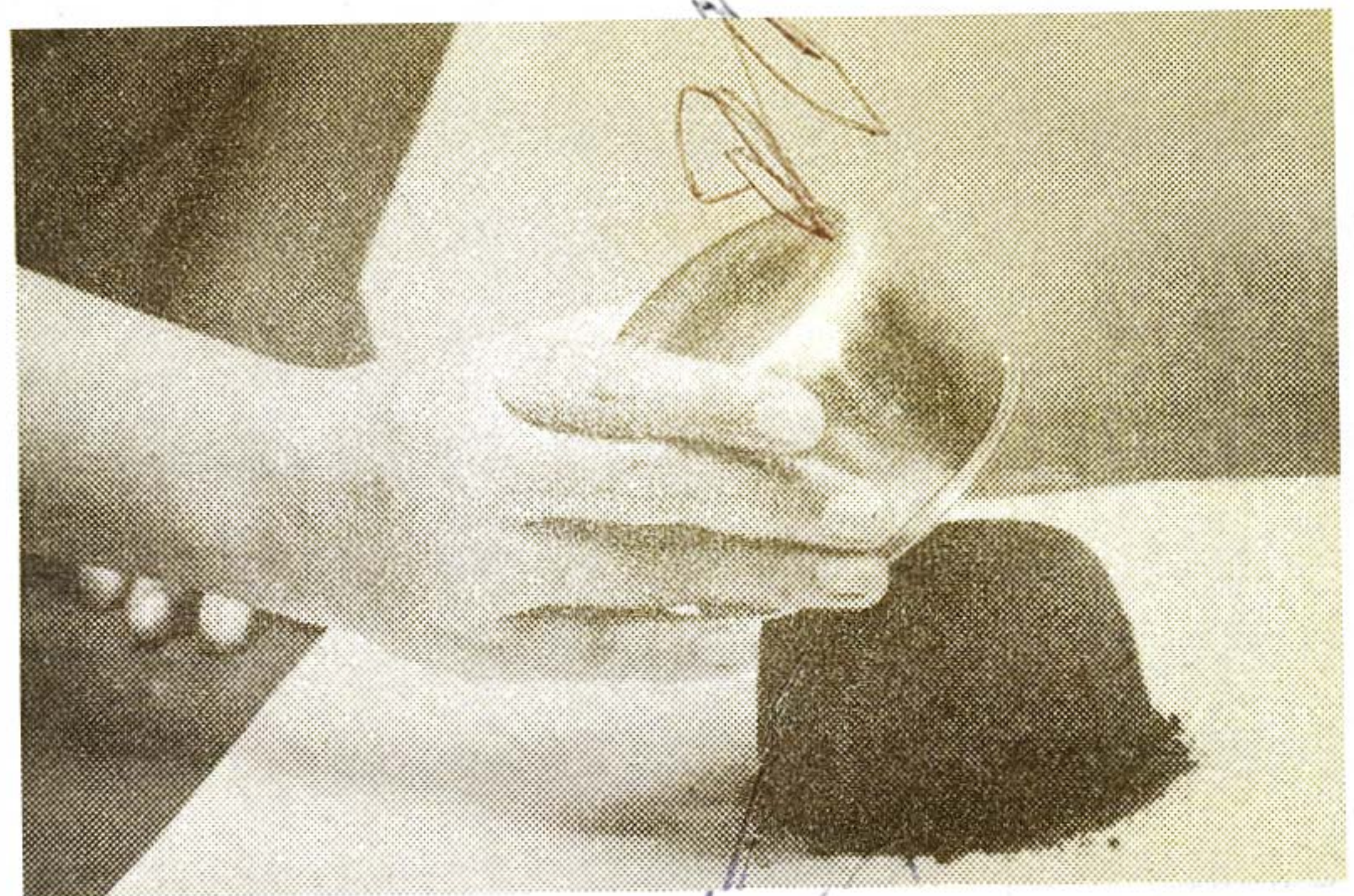
*Flour.* Fill cup to overflowing, level off with straight-edged knife.



*Sifted flour.* Some recipes call for flour to be sifted before measuring. Sift onto paper, then spoon into cup. Level off with knife.



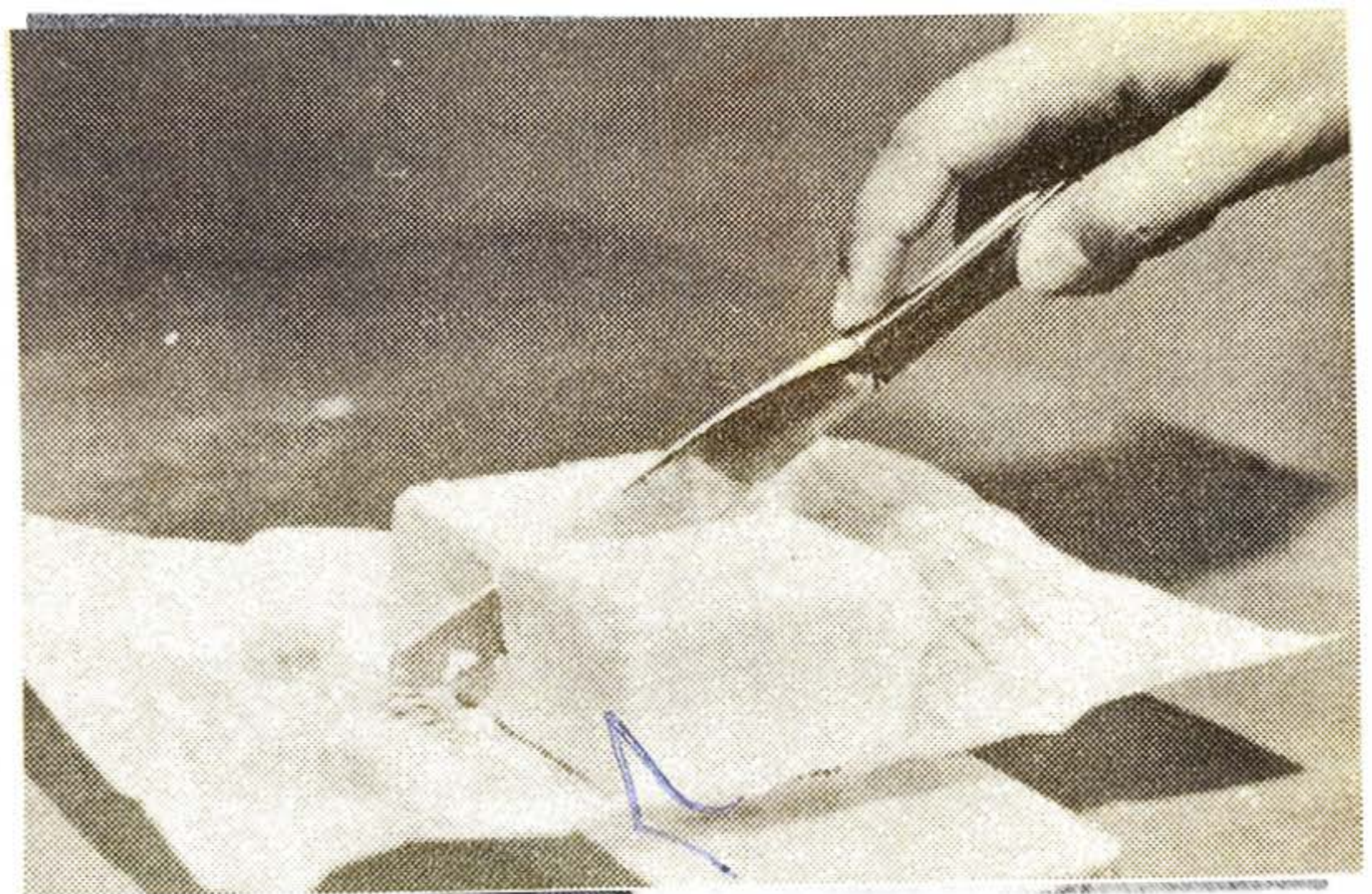
*Granulated (refined) sugar.* Sift it first if lumpy. Spoon into measuring cup, level off with knife. Do not pack or tap the sugar down.



*Brown sugar.* Pack into cup just enough for sugar to hold its shape when turned out of cup. Level off with knife before emptying cup.

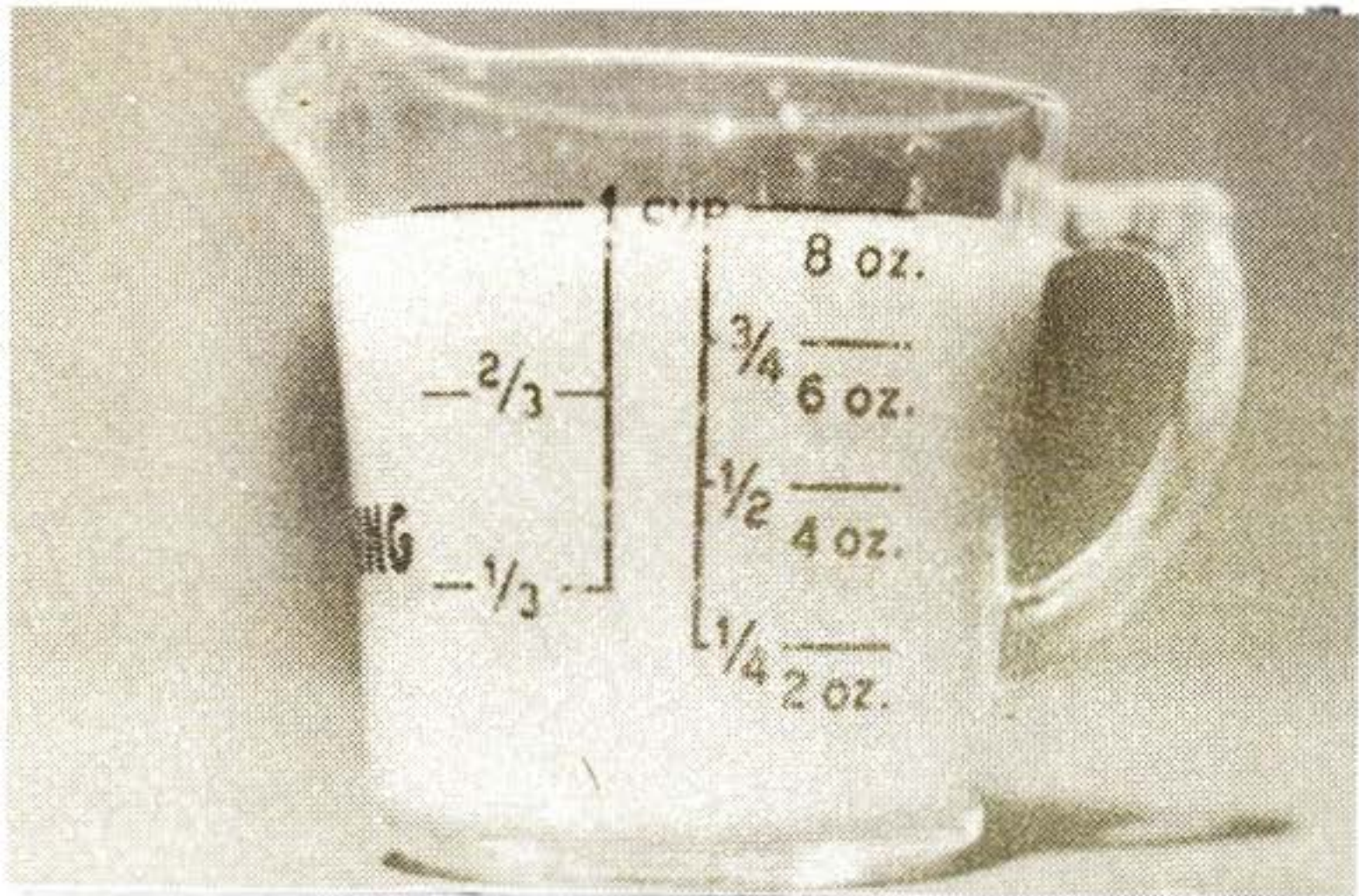


*Salt, baking powder, soda, etc.* Stir, then fill measuring spoon. Level off with straight-edged knife.

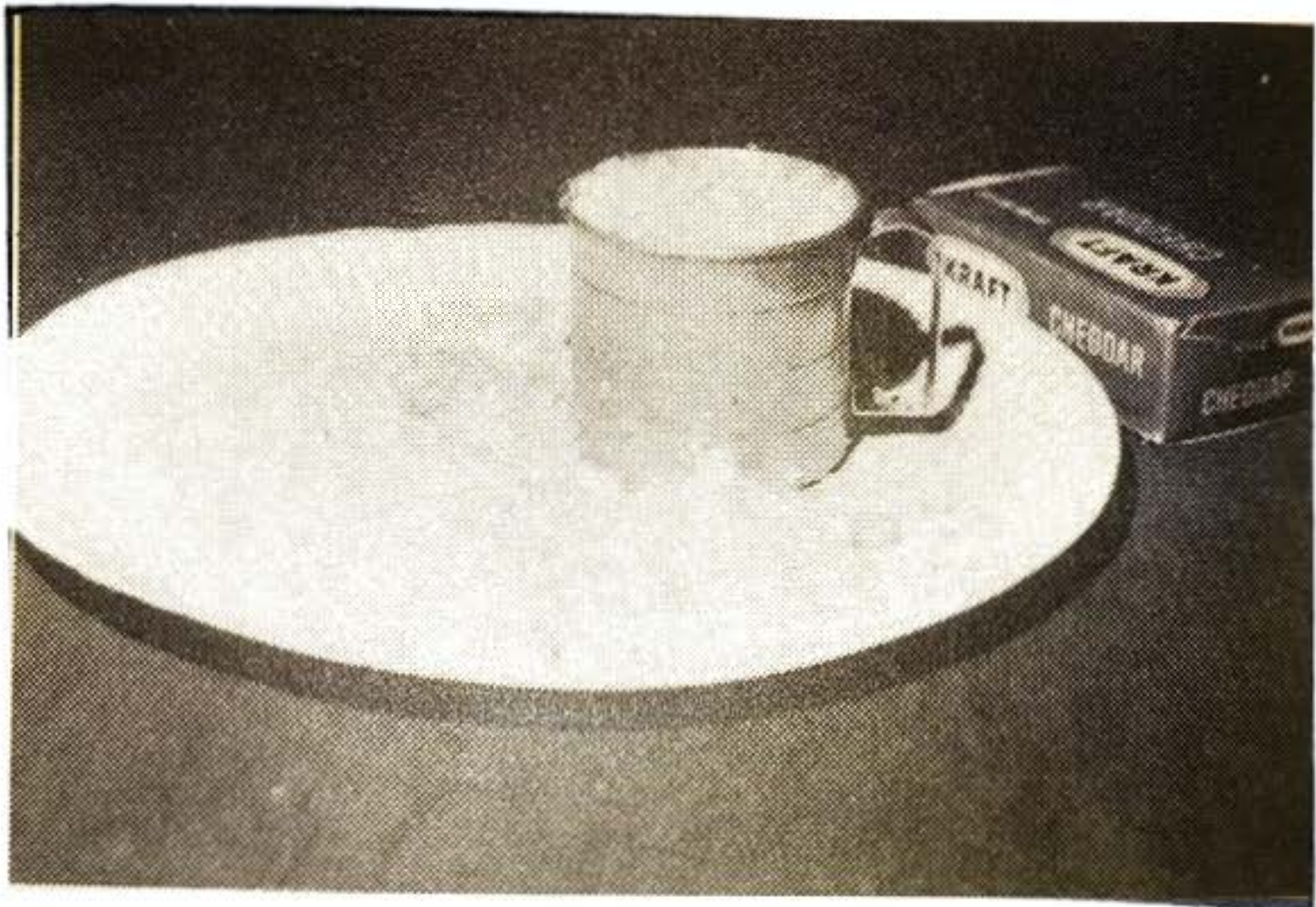


*Margarine.* Often sold in  $\frac{1}{2}$ -lb. packages. Use these equivalents:  $\frac{1}{2}$  lb. equals 1 cup,  $\frac{1}{4}$  lb. equals  $\frac{1}{2}$  cup, etc.





*Liquids.* Use "liquids" measuring cup (with the 1-cup mark below the rim) to prevent spilling. Pour into cup on level surface, have measuring line at eye level, to be sure of exact measurement.



*Shredded or grated cheese.* Pack lightly into cup until level with top.

MEASURING AIDS

1 pinch (or dash)	. . . . .	less than 1/8 teaspoon
3 teaspoons	. . . . .	1 tablespoon
16 tablespoons	. . . . .	1 cup
2 cups	. . . . .	1 pint
2 pints	. . . . .	1 quart
4 quarts	. . . . .	1 gallon
1 ounce (abbr. "oz.") of fluid	. . . . .	30 c.c.
1 tablespoon butter, sugar	. . . . .	1/2 ounce
1 tablespoon of flour	. . . . .	1/4 ounce
1 cup of liquid	. . . . .	8 ounces
1 cup of flour	. . . . .	4 ounces
1 ounce	. . . . .	28.35 grams
1 kilo	. . . . .	2.20 pounds
1 pound	. . . . .	453.6 grams
1 medium egg	. . . . .	1/4 cup
2 egg whites	. . . . .	1/4 cup
No. 1 (tall) can	. . . . .	2 cups
No. 1 (flat) can	. . . . .	1 cup
No. 2 can	. . . . .	2 1/4 cups
No. 2 1/2 (tall) can	. . . . .	3 1/4 cups
No. 5 can	. . . . .	6 1/2 cups



## COOKING VEGETABLES

To conserve the minerals and vitamins, vegetables should be put to cook in water already boiling. Use only enough water to cook the vegetables without allowing them to scorch, and continue cooking only until the vegetable is done.

The more of the color of the vegetables that can be preserved, the more attractive and appealing they will be to the appetite, especially when teaching young children to enjoy vegetables. Try to keep the white of onions, cauliflower and cabbage; the green of "greens;" the yellow of carrots; the red of beets.

The white vegetables should be cooked only until they are tender. Cabbage can be cooked in twenty minutes, or fifteen if it is young. Pressure cooking will reduce the time still more. Hard water, that is, with much minerals, will discolor vegetables more than soft water.

During the first few minutes of cooking, vegetables give off a volatile acid. This acid will darken greens to a dirty brown if the pan is kept covered. By leaving the pan uncovered the acid is allowed to escape and the green color will not be so greatly changed.

The yellow color of carrots, squash and kamote is not easily destroyed. But still we need to think of preserving their food value. Baking is best for kamotes and squash; carrots can be steamed.

The red color of beets and red cabbage is easily lost. Beets should be cooked whole. They can be pared or cut later. Adding a little lemon juice to red cabbage will help retain the color. Use about one tablespoon of juice to the cup of water you cook the cabbage in.

Do not throw away the water in which vegetables are cooked. It is rich in vitamins and minerals. It can be used in soup, or served with the vegetable, or drink as you would fruit juice.

## HOW TO MAKE GLUTEN

Quite a number of the recipes in this book call for the use of gluten. Gluten is a substance occurring naturally in wheat. When extracted and cooked with appropriate protein-rich food, it has the consistency of some types of meat and can thus form an excellent substitute for flesh in the diet, especially when complemented with other foods.

To make your own gluten, mix 8 cups of gluten flour (white bread flour is the most common source in the Philippines) with 2 1/2 to 3 cups of water to make a stiff dough. Form into a ball and knead well. Let stand underwater for at least 1/2 hour, or overnight if possible. Wash out the starch by kneading with the hand in the water, being careful to keep the dough together. Pour off the starchy water frequently and continue washing until the water is almost clear. The starch itself can be used in cooking or other household tasks.

The lump of gluten should next be sliced into choplet-size pieces, 1/2 inch thick and 4 or 5 inches square. Cook for one hour in salted water. Seasonings may be added to the water, such as onions, soy sauce, and a yeast extract as Vegex or Marmite. Refrigerate or freeze gluten until needed.



## Chapter Five

# Sumptuous Soups



To whet the appetite or  
as an entire meal  
in themselves

### Cream of Corn soup

4 cups canned or fresh corn, grated  
2 egg yolks  
2 tablespoons butter  
2 tablespoons flour  
4 cups milk  
1 teaspoon vetsin  
Salt to taste

Put the corn into a double boiler with 3 cups milk and cook for 20 minutes. Make a white sauce of butter, flour, and the milk and corn mixture. Add salt to taste and cook for 5 more minutes. Beat the egg yolks well and add to the remaining cup of cold milk. Stir this mixture into the soup. Cook for 1 or 2 minutes, stirring constantly. Beat and serve.

### Cream of Potato Soup

8 medium sized potatoes, diced  
2 teaspoons salt  
3 cups milk or cream  
1/8 teaspoon nutmeg  
2 medium sized onions, sliced  
2 tablespoons butter  
1 tablespoon chopped parsley  
1 teaspoon vetsin

Put potatoes and onions into a saucepan with enough water to cover them. Add salt. Cover and cook until potatoes are tender. Mash them in the liquid. Add remaining ingredients. Repeat, stirring constantly, but do not let boil. Garnish with parsley and serve immediately.



## Cream of Cucumber Soup

3 medium sized cucumbers  
3 tablespoons butter  
1 tablespoon flour  
6 cups scalded milk  
2 beaten egg yolks  
Salt to taste  
1 teaspoon vetsin

Peel cucumbers, cut in halves lengthwise, remove seeds and slice very thin. Melt butter in the saucepan and cook the cucumbers until transparent but not brown. Blend in the flour and stir well. Gradually add the milk, stirring constantly. Pass the mixture through a sieve and simmer again in the saucepan. Season with salt and vetsin. Remove from fire and add the beaten egg yolks. Serve with crackers.

## Garlic Soup

For each person allow:  
1 clove of garlic  
1 thin slice of bread  
A little oil  
1/2 cup water  
1 egg

Fry the garlic in a little oil till it begins to brown, then add the bread. Season with salt and vetsin. Pour the boiling water over this. Boil for 1 minute and serve. A beaten egg may be added if the soup is preferred thick.

## Fruit Soup

2 tablespoons quick-cooking tapioca  
1 tablespoon sugar  
1/2 cup orange juice  
2 1/2 cups diced fresh fruits  
1 1/2 cups water  
Dash of salt

Place tapioca and water in saucepan. Bring to a boil, stirring

constantly. Remove from heat. Add sugar, salt, and concentrated orange juice; blend and cool, stirring once after 15-20 minutes. Cover and chill. Before serving, add fruits. If a thinner soup is desired, add more juice or lessen the fruits; garnish the bowl with halved strawberries, orange sections and bananas.

## Green Pea Soup

2 cups shelled peas  
4 cups water  
1 small onion, minced  
2 small potatoes, peeled and sliced thin  
1 tablespoon butter or margarine  
1 egg yolk  
Salt  
1/2 tablespoon vetsin

Boil the peas until they are tender. Drain and save the water, about 4 cups. Press the peas through a fine sieve, discarding the skins. Brown the onion in the butter. In a saucepan put the cooking water, peas, onion, butter and sliced potatoes. Season with salt and vetsin. Bring to a boil and simmer until the potatoes are dissolved or mashed. Stir in the well-beaten egg yolk.

## Squash Soup

3 cups diced squash  
1 medium size onion, chopped  
2 cloves garlic, crushed  
2 chopped tomatoes  
1 cup milk  
1 cup diced red and green pepper  
Salt  
1/2 teaspoon vetsin

Saute crushed garlic, onion, tomatoes and then add the diced squash. Add water and let boil for







about 10 minutes, add the salt and the vetsin. To enhance the flavor thicken with milk. Serve hot.

### Vegetable Chowder

- 2 tablespoons oil
- 1 cup diced celery
- 1 cup diced carrots
- 1 small onion, grated
- 1 1/2 cups cooked or canned corn
- 1/2 cup water
- 1 teaspoon salt
- Celery salt
- 1 teaspoon sugar
- 4 cups milk
- 1 cup cooked peas
- 4 tablespoons chopped parsley
- Grated cheese

Heat the oil, add the onion, celery, carrots, corn, water, salt, celery salt and sugar. Cover until cooked, add milk and peas. Heat. Add parsley. Sprinkle with cheese.

### Corn Chowder

- 1 large onion, chopped
- 2 cups water
- 2 potatoes, chopped
- 2 large stalks celery and leaves, chopped
- 1 1/2 teaspoons salt
- 2 cans creamed corn
- 2 cups evaporated milk

Cook onion till transparent, in large kettle. Add next 4 ingredients, cook until potatoes are done. Add corn and milk, heat slowly till very hot, stirring often. Serve with chopped parsley sprinkled on top.

**A big bowl of hot Corn Chowder Soup can be a meal in itself.**

### Quick Chowder

- 1 small onion
- 1 clove garlic
- Bay leaf
- 1/4 teaspoon thyme
- 2 teaspoons olive oil
- 1 teaspoon lemon juice
- 1 can or 10 ounces tomato soup
- 1 cup soup water
- 2 cups fried sliced tofu
- 4 slices French bread

Cook garlic, onion, bay leaf and thyme in oil until tender. Add the sliced tofu, soup water, lemon juice and tomato soup. Bring to boil, cover, simmer 5 minutes. Ladle over toast in bowls.

### Vegetable Stew

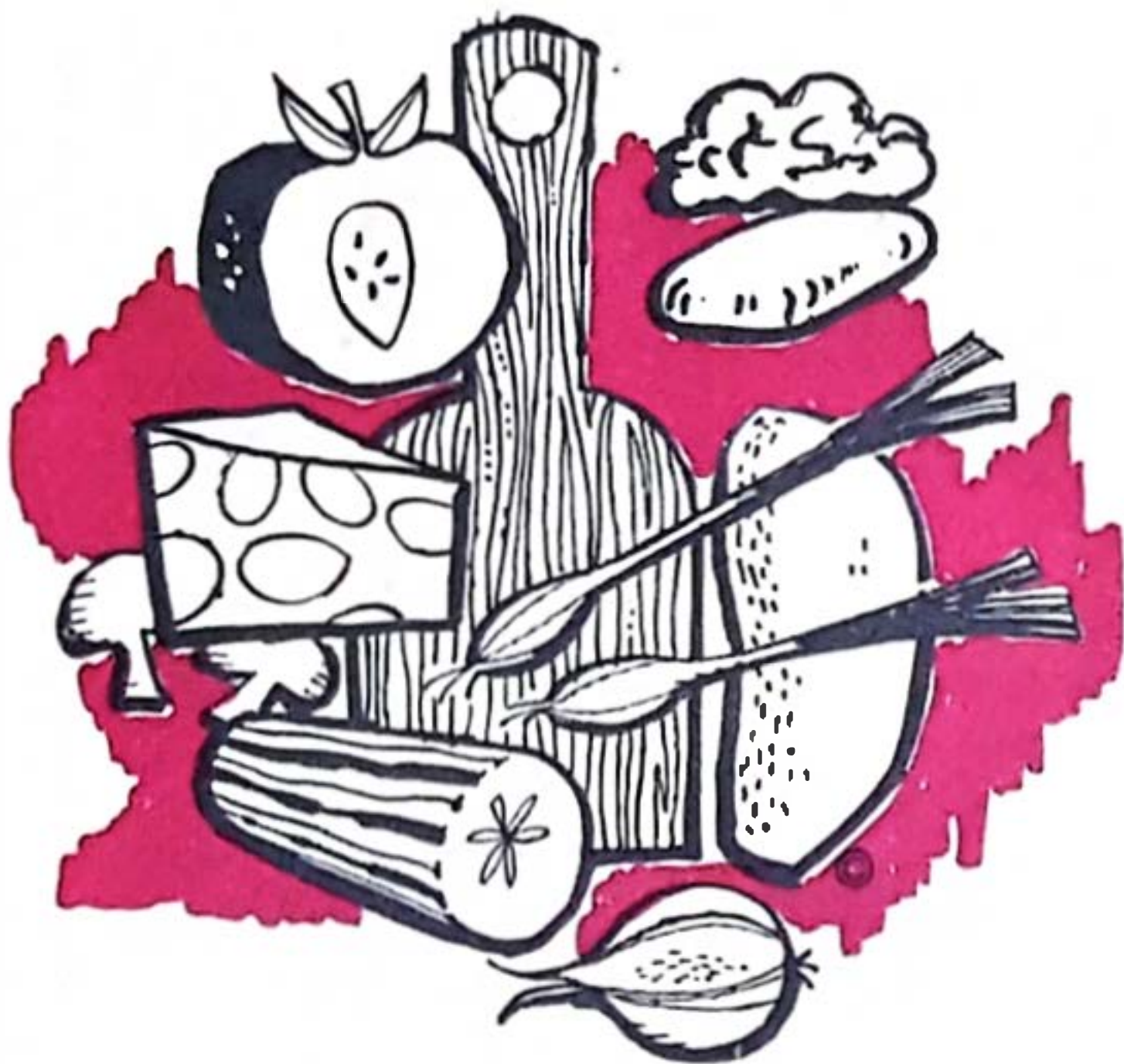
- 1/4 cup flour
- 1 tablespoon salt
- 1 teaspoon paprika
- 4 cups gluten, cut in 1-inch chunks
- 2 cups tokwa, cubed
- 1 medium onion, sliced
- 2 cloves garlic
- 1 teaspoon sugar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon kalamansi juice
- 3 1/2 cups water
- 6 medium carrots, halved
- 1 cup bias-cut celery slices
- 8 medium potatoes, halved
- 8 small white onions

Mix first 4 ingredients; dredge gluten in mixture. Brown nicely on all sides in 3 tablespoons hot fat. Add sliced onion, garlic, sugar, Worcestershire sauce, kalamansi juice and water. Cover and simmer (don't boil) 1 1/2 hours—2 hours. Add vegetables, cover and cook 45 minutes longer or till all is tender.



## Chapter Six

# Meatless Main Dishes



Body-building and energy-  
giving foods, the main  
course

### Adobong Labong

3 cups labong, minced and blanched  
1 cup minced gluten or tokwa  
5 segments garlic, chopped  
4 tablespoons kalamansi juice  
Salt to taste  
1 medium onion, chopped  
1 1/2 tablespoons soy sauce  
2/3 cup gluten stock  
5 tablespoons oil

Brown garlic and onion in oil. Add gluten or tokwa. Continue cooking mixture in oil, stirring constantly. Add soy sauce and labong. Simmer until labong is cooked. Add kalamansi juice and continue simmering until almost all of the liquid has evaporated. Add oil and continue about 6 minutes more. Season to taste.

### Almondigas

1 cup ground gluten, raw  
1 egg  
1/2 cup mashed tokwa  
1 tablespoon oil  
1/2 cup misua  
2 cloves garlic  
1 minced onion  
1 teaspoon vetsin  
Salt to taste  
1 tablespoon chopped green onion

To the ground gluten and mashed tokwa add green onion, egg and the desired seasonings and shape into small balls about the size of a kalamansi. Saute garlic and onion and add vetsin with about 3 cups water. When the mixture boils, drop the mock meat balls one by one into the boiling mixture. When balls are



cooked, add misua and immediately remove from fire. Add salt, vetsin and pepper to taste.

### Arroz a la Cubana

- 1/2 kilo ground gluten
- 1 onion, chopped
- 1 clove garlic, bruised
- 3 hard-cooked eggs
- Salt and vetsin to taste
- 1 cup water
- 1 tablespoon oil
- 6 saba bananas
- 1/2 cup bread crumbs

Saute the garlic, onion and gluten. Add the water and cook until it boils. Add the bread crumbs. Season with salt and vetsin to taste. Slice the bananas lengthwise and fry. Place the cooked gluten in the center of a platter. Arrange a border of cooked rice around it. Garnish with fried bananas and hard-cooked eggs.

### Arroz a la Filipina

- 1/2 cup boiled malagkit
- 1/2 cup boiled rice
- 1 cup sliced gluten
- 3 cloves garlic
- Small onion
- 3 ripe tomatoes
- 3 tablespoons oil
- 3 medium-sized green peppers
- 1 small package raisins
- 1 hard-cooked egg
- Atsuwete
- Salt to taste
- 1 teaspoon vetsin

Cook gluten and cut into small pieces. Slice the tomatoes and onions. Soak the atsuwete in a little amount of water and set aside. Saute the garlic, onion, tomatoes and gluten. Add salt and vetsin to



Arroz a la Cubana makes an attractive dish when prepared with a border of cooked eggs.

taste. Add sliced pepper. Cook for a few minutes. Add atsuwete water for coloring, then boiled rice, malagkit and raisins. Stir mixture from time to time to prevent burning. Continue cooking on low heat. Garnish with slices of hard-cooked eggs and red and green pepper.

### Arroz a la Valenciana

- 1 cup cooked malagkit
- 2 cups cooked rice
- 1 cup mushroom, sliced
- 1 cup garbanzos
- 1 cup gisantes
- 2 cups fried sliced gluten
- 1 box spaghetti, cut in pieces and boiled
- 1 can pimiento, sliced
- 1 cup tomato sauce plus 1/2 can stock or water
- 2 tablespoons onions, minced
- 1 teaspoon sage
- 2 teaspoons vetsin
- 6 hard-cooked eggs



Saute onions in 2 tablespoons oil. Add tomato sauce and pimientos, cook a few minutes, and add mushroom, gluten, garbanzos and peas. Season with salt, vetsin and sage. Mix well and cook 5 minutes, then add rice and spaghetti. Mix very well. Garnish with eggs, pimientos and green onions.

### Asado de Carajay

1/3 cup fried tokwa  
3 segments garlic crushed  
1/2 medium onion, sliced fine  
2 small tomatoes, sliced  
3 tablespoons oil  
1 cup gluten, cut into cubes  
1/4 kilo yellow kamote, cut into cubes  
4 teaspoons soy sauce  
1 small red pepper, cut into strips  
5 laurel leaves

Saute garlic, onion, tomatoes and add 1 cup broth. Add tokwa, gluten and kamote. Season with soy sauce, cover and cook 5 minutes. Add pepper and laurel leaves. Cover and cook for 1 minute. Makes 6 servings.

### Baked Cutlet

1 small can gluten cutlet (6 to 8 cutlets)  
1 small can tomato juice  
1 onion  
1/4 cup flour  
3 tablespoons oil  
3 eggs  
Vetsin  
2 cups water  
Salt

Drain cutlet, keeping the soup for the gravy. Arrange cutlets in baking dish. Fry eggs and cut into pieces. Saute garlic, onions, add the flour. Mix them well, then add the fried eggs and continue mixing, season with salt. Remove from fire and mix the soup of the cutlet. To the

mixture add water, stirring well. Bring to boil and stir until it is thick. Add tomato juice and vetsin. Remove from heat and pour mixture on to the cutlet. Bake for about 30 minutes in moderate oven.

## Independence Day Dinner

Green Pea Soup  
Baked Cutlet  
Gravy  
Zippy Glazed Carrots  
Green Beans w/ Mushrooms  
Steamed Rice  
Red Tomato Mold Salad  
Vanilla Ice Cream  
Peanut Butter Cookies

### Gluten With Pineapple

1 kilo gluten  
1 can (No. 2 1/2) pineapple chunks  
2 cups green pepper  
2 cups celery  
2 eggs  
1/2 cup kalamansi juice  
Salt to taste  
1 teaspoon vetsin

Cut pre-cooked gluten into desired pieces. Cut celery and pepper. Saute the gluten in onion and oil until gluten is golden brown. Add a little cornstarch and mix well. Season with salt and vetsin. Put the pineapple and celery into a pan with hot oil and fry for 2

**In Gluten With Pineapple, the fruit adds just the right flavor to brighten up the dish.**







minutes. Add gluten, mix well and add beaten eggs. Cook 5 minutes longer.

### **Fried Gluten in Tahure Sauce**

- 2 cups gluten strips
- 2 tablespoons oil
- 1 teaspoon pounded garlic
- 1/2 onion sliced
- 1 cube tahure
- 1 cup sliced tomatoes
- 1/4 cup water
- 1/2 teaspoon salt
- 1 teaspoon vetsin

Lightly fry gluten and set aside. Sauté the garlic and onions in oil. Add the tomatoes and cook for about 3 minutes. Add the water and the tahure. Mash with the back of the spoon. Season with salt and vetsin. Simmer for 5 minutes. Add the fried gluten and let simmer for 5 more minutes. Makes 5 to 6 servings.

### **Swiss Steak**

- 6 pieces gluten steak
- 1/2 cup flour
- 2 teaspoons salt
- 1/4 teaspoon crushed garlic
- 1 cup minced onion
- 1 bay leaf
- 1/2 cup margarine
- 1 1/2 cups lemon-lime drink
- 2 tablespoons tomato catsup
- 2 cups diced potatoes, fried
- 1/4 cup water

Combine the flour and salt. Roll gluten in it. Brown the steaks on both sides in the melted margarine. Add the rest of the ingredients, including the leftover flour-salt mixture. Cook till thickened.

### **Savory Drumstick a la Cor**

- 1 cup ground, fried gluten
- 1/2 cup almond or cashew nuts
- 1/2 teaspoon sage
- 1 teaspoon salt
- Vetsin or savory seasonings
- 1 tablespoon soy or Maggi sauce
- 2 tablespoons onions, minced
- 1 cup white sauce

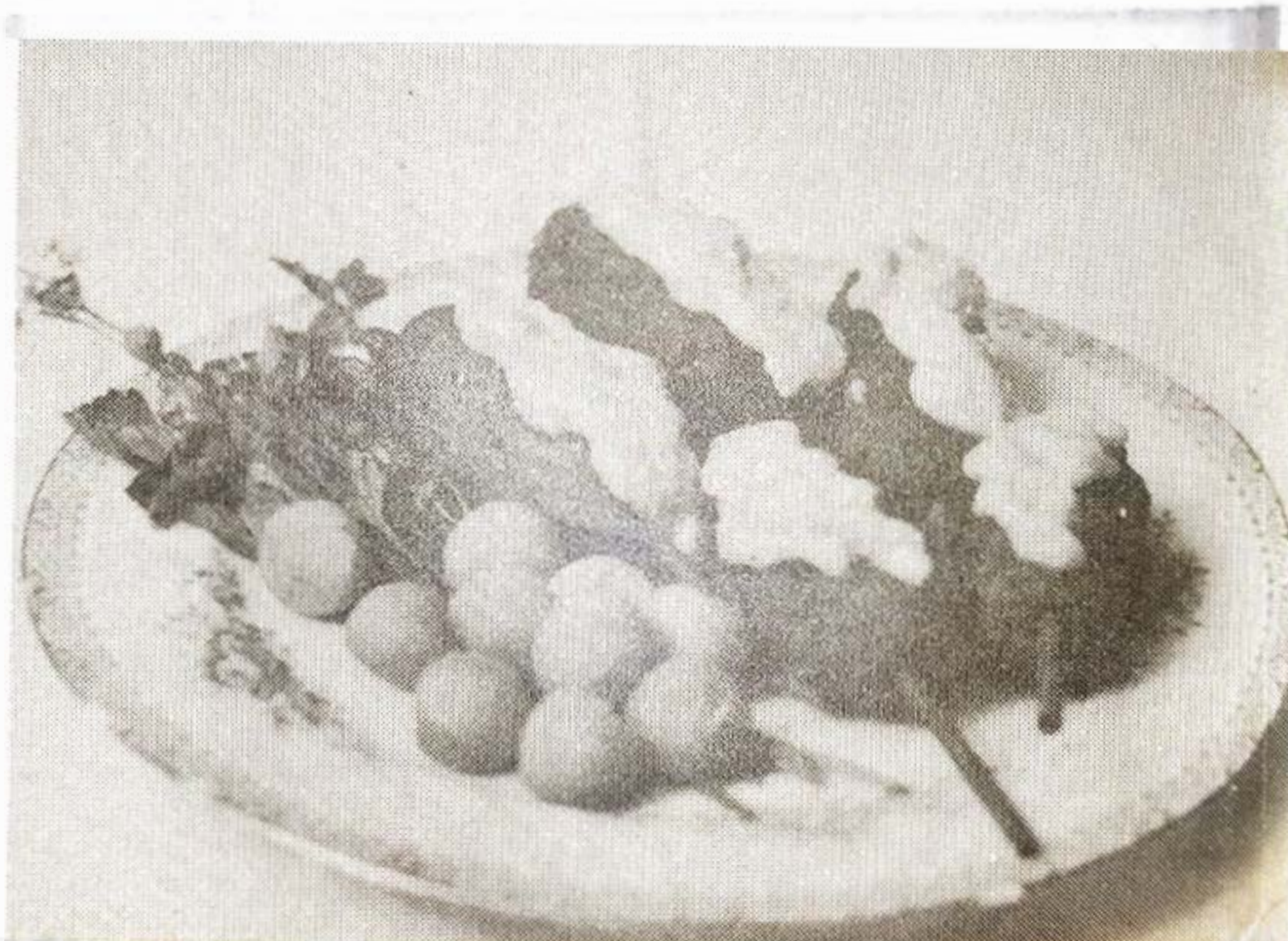
Brown the onion and sage and combine with all other ingredients. Mold or shape into drumsticks. Roll in egg and then in crushed cornflakes or bread crumbs. Fry and cover with white sauce.

#### **White Sauce:**

- 2 tablespoons celery, chopped fine
- 1 cup milk
- 1 egg, beaten
- White bread
- 1 small onion, minced
- Bouillon stock
- 1 tablespoon olive oil

Scald milk in double boiler; add bread crumbs and cook over low heat for 20 minutes. Add milk mixture to beaten egg, stirring well. Set aside; brown minced onion and chopped celery in olive oil. Stir in milk mixture. Add bouillon stock and simmer 10 more minutes.

Savory Drumstick a la Cor is a tasty meatless meal.





### Steamed "Glufu"

1 cup ground gluten  
 1 cup mashed tokwa  
 1 small onion, minced  
 1 tablespoon green onion, minced  
 1 tablespoon green pepper, minced  
 2 eggs, well-beaten  
 Vetsin, salt, soy sauce  
 4 eggs, well-beaten  
 Oil

Saute onion till brown. Add pepper, gluten, tokwa, salt, vetsin, soy sauce, pepper. Cook in slow fire till all juice is gone. In another pan or skillet, cook half of beaten egg as thin and as wide as possible. Remove and place on a wide plate, being careful not to tear the egg. Do the same with the other half. Place half of "glufu" mixture on one piece of egg and roll tight. Repeat with the other egg. Place in a baking dish or pan and steam. Slice and arrange in a platter. Serve with any sauce desired.

### Ring-Around Gluten Loaf

1 pound ground gluten  
 1 cup soft bread crumbs  
 1/3 cup evaporated milk  
 1/4 cup catsup  
 1/4 pound cheese  
 1 egg  
 Salt  
 1 teaspoon mustard  
 1/4 teaspoon oregano  
 1/2 cup minced onion  
 Cooked, mashed potato

Combine all ingredients except mashed potato; blend and turn into 5-cup ring mold, place in baking sheet. Bake in moderate oven 1 hour. Invert on serving platter. Fill the center of the ring with freshly mashed potatoes.

### Gluten Loaf, Barbecue Style

2 1/2 cups ground gluten  
 1 1/4 cups cracker crumbs  
 1/4 cup finely chopped onions  
 1 raw egg  
 1/2 teaspoon salt  
 1/4 teaspoon vetsin  
 1 1/2 cans tomato sauce (8 oz. can)  
 1/2 cup water  
 1/2 bottle of lemon-lime soda drink  
 3 tablespoons brown sugar  
 3 tablespoons catsup

Mix together the gluten, onions, beaten egg, salt, vetsin and half of the tomato sauce. Form into loaf and place in a greased shallow pan. Combine the remainder of the tomato sauce and the rest of the ingredients. Pour over loaf and bake at 350° F. for 1/2 hour or until done. Serve with gravy. Serves 6-8.

### Gluten Loaf With Pineapples

1 pound ground gluten (may be fried or adobo style)  
 1/2 pound mashed tokwa  
 1 cup soda-cracker crumbs  
 2 eggs, well-beaten  
 1 teaspoon vetsin  
 1/8 teaspoon pepper  
 2 tablespoons minced onions  
 1/2 cup pineapple juice  
 6 slices canned pineapples  
 6 cherries  
 Salt to taste

Arrange pineapples in a greased pan. Put cherries in center of pineapples. Mix gluten, tokwa, pepper, crumbs, eggs, juice, vetsin, salt and onions. Bake 1 hour, 350° F. When cool, unmold onto a platter.



## Gluten Pot Pie

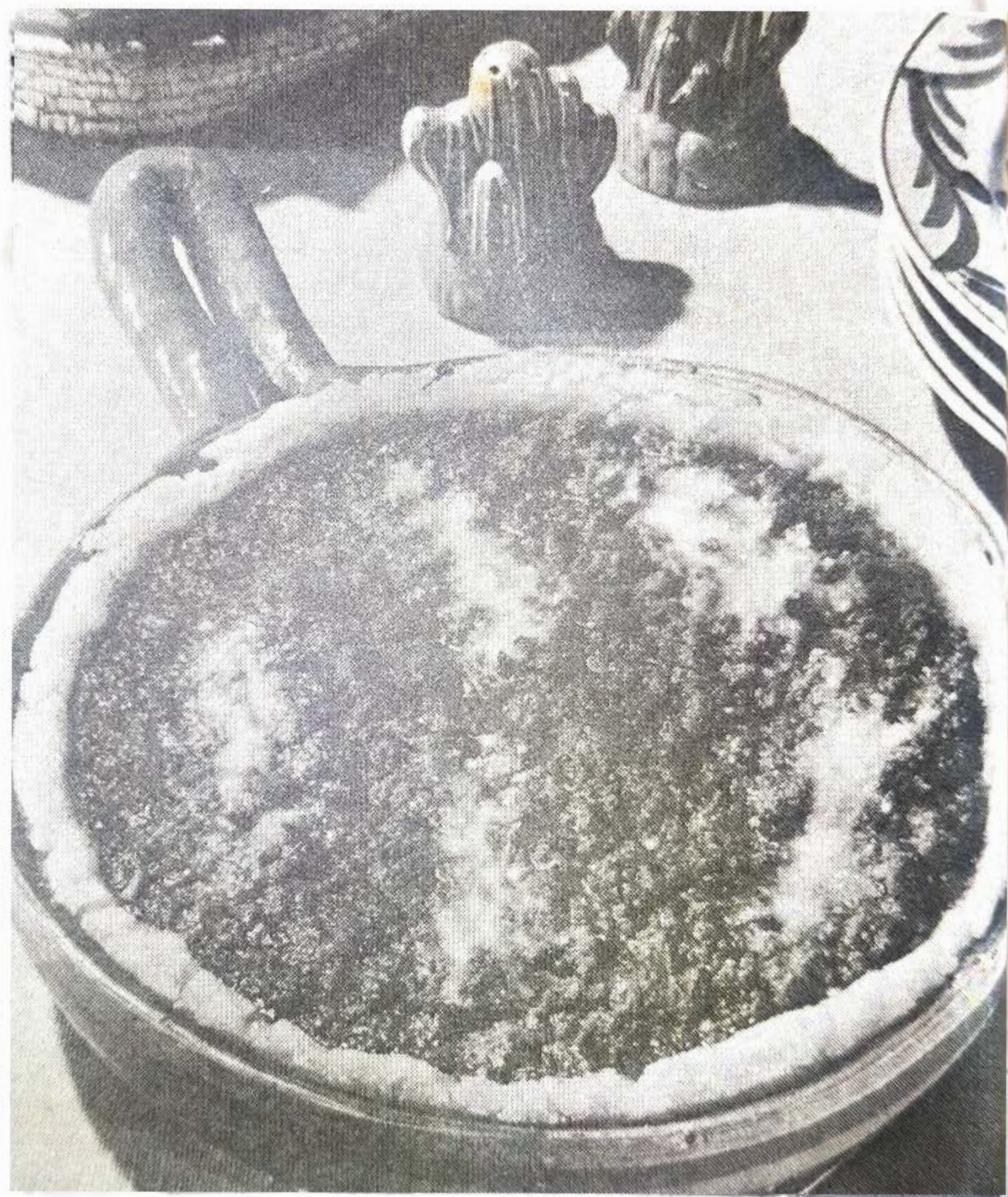
- 1/2 cup chopped onion
- 1 1/4 cups butter
- 1 1/4 cups flour
- 1 1/2 quarts gluten broth
- 2 cups diced potatoes
- 25 biscuits—uncooked drop biscuit  
topping
- 2 cups diced carrots
- 2 cups diced celery
- 2 cups cooked peas
- 1 tablespoon salt
- 2 1/2 quarts undiluted evaporated  
milk
- 1 teaspoon vetsin

Saute onions lightly in butter in heavy skillet over low heat. Add flour, stir until smooth. Slowly add gluten broth and stir until thickened. Stir in remaining ingredients and continue to heat until thoroughly blended. Place in individual casseroles or large pans. Drop biscuits from spoon to casserole, leaving space between biscuits. Bake for 20 minutes at 425° F. Makes 25 servings.

## Gluten Picadillo

- 2 tablespoons shortening
- 3 segments garlic, pounded
- 1/2 cup finely chopped tomatoes
- 1/2 small onion, sliced
- 2 1/2 cups water
- 1 cup ground gluten
- 3 small potatoes, cut in long strips
- 1/2 cup atsuwete water
- 1 1/2 teaspoons salt
- 1 teaspoon vetsin

Saute garlic, onions and tomatoes. Press tomatoes with the back of the spoon. Add atsuwete water and let boil till the atsuwete odor is gone. Add the gluten, potatoes and water, cover and let boil. Season with salt and vetsin. Makes 6 to 8 servings.



Chili con Gluten can be baked in a pie shell for a delicious pot pie.

## Burger in the Round

- 2 1/2 cups ground gluten
- 1 cup finely diced tokwa
- 1/2 cup chopped onion
- 1 teaspoon vetsin
- 1 cup chopped green pepper
- 3/4 cup soft bread crumbs
- 3/4 cup milk
- 1 egg slightly beaten
- 1 clove garlic, minced
- 1 tablespoon margarine

Combine gluten and tokwa with onion, vetsin, bread crumbs, milk, eggs; put half the mixture into an 8-inch round baking dish. Cook garlic and green pepper in butter till almost tender; spread over gluten. Top with remaining gluten mixture. Bake at 350° F. for 35 minutes. Makes 6 servings.



## Chili con Gluten

2 cloves garlic  
1 cup onion  
3 cups ground gluten  
4 tablespoons oil  
2 cups cooked kidney beans  
1 can condensed tomato soup  
1 teaspoon chili powder  
1 tablespoon flour  
3 tablespoons water  
Salt

Mix the garlic and onion with gluten, brown in hot oil. Add beans and tomato soup, cook 10 minutes. Make a paste of the flour, water, salt and chili powder and add to above. Cook over low heat, stirring frequently. Season with vetsin.

## Sotanghon With Gluten Balls

1/2 cup chopped gluten  
2 tablespoons chopped onion  
2 eggs  
1 tablespoon flour  
1 teaspoon salt  
1 tablespoon oil  
Pepper to taste  
2 segments garlic, minced  
2 tablespoons sliced onion  
2 cups gluten broth  
1/2 cup soaked sotanghon  
Salt to taste  
1/4 cup onion, cut fine  
1 teaspoon vetsin

Combine gluten, onion, eggs, flour, salt and oil. Form into balls about 1/2 inch in diameter. Saute garlic, add onion and broth and bring to a boil. Drop in gluten balls, one by one. Cook until it is almost done, then add the sotanghon and cook for 5 minutes longer. Season with salt and vetsin, then pour into a soup bowl. Sprinkle with sliced green onions. Serve as first course.

## Sweet-Sour Gluten Cutlet

12 pieces gluten cutlet  
Garlic  
1 onion  
2 stalks celery  
1 green pepper  
3 tablespoons oil  
1 tablespoon cornstarch  
1 can pineapple tidbits, undrained  
1 cup water  
1/4 cup lime juice  
1 tablespoon soy sauce  
Vetsin  
Marjoram

Season gluten cutlet with garlic and marjoram. Dredge with flour and fry. Cook the onion, celery, green pepper in the oil for 5 minutes. Blend in the cornstarch and add the pineapple tidbits with the syrup, water, lime juice, soy sauce and a little sugar. Season with vetsin. Mix the fried cutlet and pour onto shallow baking dish. Bake in hot oven 400° F. for 30 minutes.

## Fried Gluten With Sweet-Sour Sauce

12 pieces gluten steak, cut lengthwise and fried.  
1 cup pineapple tidbits  
1 medium size green pepper, cut in strips  
1/2 cup pineapple juice  
2 tablespoons lime juice  
1 teaspoon garlic crushed  
3 tablespoons cornstarch  
2 cups water  
1 1/2 teaspoons salt  
1 teaspoon vetsin

Place 1 cup water in saucepan. Add the pineapple, pepper, garlic, soy sauce, pineapple juice and lime juice. Boil for 5 minutes. Add the



cornstarch mixed with 1 cup water. Cook for 3 minutes, stirring constantly to prevent from scorching. Pour mixture over fried gluten.

### Gluten Adobo With Coconut Milk

2 cups gluten cubes  
4 teaspoons soy sauce  
1/4 cup water  
1 1/2 cups thick coconut milk  
1 tablespoon lime juice  
2 teaspoons crushed garlic  
1 1/2 teaspoons salt  
1 teaspoon vetsin

Combine the water, soy sauce, lime, garlic; soak the gluten in this for about 10 minutes. Drain the gluten and fry lightly in hot oil. Place fried gluten in a saucepan and pour the thick coconut milk over it and add the salt, vetsin and garlic. Stir constantly. Let boil till mixture thickens. Just before taking off the fire, add 1 tablespoon lime juice.

### Gluten Banana Rolls

6 thin slices gluten  
6 firm cooking bananas (fried if desired)  
2 1/2 tablespoons melted butter or margarine  
Cheese sauce

Spread each slice of gluten lightly with margarine. Peel bananas. Wrap a slice of the gluten around each banana. Brush tips of bananas with margarine. Place gluten-banana rolls into a well-greased shallow baking dish and pour cheese sauce over them. Bake in a moderate oven (350° F.) 30 minutes or until bananas are tender—easily pierced with a fork.

Serve hot with cheese sauce from the baking dish. Serves 6.

### Barbecue Picnic

Gluten Barbecue on Buns  
Potato Salad

Pickles  
Radishes  
Olives  
Celery Curls  
Vanilla Ice Cream  
Quick Cocoa Cake

### Gluten Barbecue

12 pieces gluten, fried  
1/4 cup margarine or oil  
3 cloves garlic, crushed  
1 medium onion, chopped  
1 cup tomato sauce  
1/4 cup lemon-lime bottled soda drink  
1/4 cup pineapple juice  
1 teaspoon salt  
1 teaspoon vetsin  
1/2 cup water  
1 tablespoon cornstarch

Melt margarine over low fire. Add the onions and the rest of the ingredients except the gluten. Bring to a boil, then add the gluten. Cover and let simmer until half of the liquid is absorbed.

### Gluten Curry

1/3 kilo gluten, cut in cubes and fried  
2 cups thick coconut milk  
1 cup sliced onions  
1 tablespoon crushed garlic  
1 cup green and red pepper, big cubes  
1 tablespoon lime juice  
1 1/2 teaspoons curry powder  
2 teaspoons salt  
1 teaspoon vetsin  
1 teaspoon chopped ginger (optional)



Saute garlic and onions. Add the gluten and curry powder, then add the pepper and coconut milk. Cook till mixture boils. Add lime juice before removing from fire. The sauce must be thick

### Savory Gluten

- 1 chopped onion
- 1 clove garlic
- 1/2 cup mushrooms
- 1/2 kilo gluten, cut in small pieces
- 1/4 cup Maggi sauce
- 1/2 teaspoon vetsin
- 1 can condensed tomato soup
- 1/2 teaspoon savory

Saute garlic and onion in the butter and add the gluten, mushrooms, vetsin and Maggi sauce. Put 1 can of tomato soup in the mixture. Cover, simmer 10 minutes on slow fire. Sprinkle the savory on top. Serve hot.

### Gluten a la King

- 1/4 kilo gluten, cut in cubes and fried
- 2 hard cooked eggs, chopped coarse
- 3 tablespoons margarine
- 1 tablespoon minced onion
- 3 tablespoons flour
- 1/2 green pepper cut in big pieces
- 1/2 teaspoon salt
- 1 cup water
- 1/2 cup evaporated milk
- 1 piece of canned pimiento cut in pieces (optional)

Saute onion and green pepper. Stir in the flour and water, little by little, stirring after each addition. Add the seasonings and pimiento. Let boil, stirring constantly, then add the milk. Mix together the sauce, gluten and chopped eggs. Serve hot. 6-8 servings.

### Gluten in Egg Gravy

- 3 cups gluten cubes, fried
- 1 teaspoon crushed garlic
- 2 cups finely sliced tomatoes
- 1/2 onion, sliced
- 1 3/4 cups water
- 1 egg beaten
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons vetsin
- 2 tablespoons oil

Fry gluten cubes lightly in hot fat. Set aside. Saute garlic and onions. Add tomatoes and let simmer for 5 minutes. Add the gluten and water. Bring to a boil and season with salt and vetsin. While mixture is boiling, stir in the beaten egg vigorously. Serve hot. 6-8 servings.

### Guests' Delight

- Gluten Mechado
- Ampalaya with Coconut Milk
- Sauteed Mongo Sprout
- Steamed Rice
- Pako Salad
- Mango Pie
- Chilled Fruit Juice
- Kaldereta
- Steamed Rice
- Cole Slaw
- Cassava Pudding

### Gluten Mechado

- 2 1/2 cups sliced gluten
- 1 cup quartered potato
- 1 cup sliced onions
- 2 1/2 cups chopped tomatoes
- 1 teaspoon salt
- 2 teaspoons pimiento
- 1/4 cup soy sauce
- 1 cup water
- 1 teaspoon vetsin



## 48 *Main Dishes*

Braise gluten and potato in cooking oil. Place in a saucepan and add the rest of the ingredients. Cover and cook over low heat until one-half of the liquid has evaporated. Makes 5 to 6 servings.

### Gluten Neapolitan

2 1/2 - 3 pounds chopped cooked gluten  
Italian dressing  
Vetsin to taste

Place gluten in a baking dish, pour dressing over it and marinate for one hour. Bake in a moderate oven, 350° F. for about an hour until tender. Baste frequently with the dressing. Serve hot.

### Gluten Patties With Cheese

1 1/2 pounds ground gluten  
1 cup evaporated milk  
3 tablespoons minced onion  
6 tablespoons quick-cooking rolled oats  
2 tablespoons minced parsley  
2 teaspoons salt  
2 tablespoons butter  
3 thin slices cheese  
1 teaspoon vetsin

Mix together everything but the cheese and shape into 6 patties. Place in buttered baking pan and dot with butter. Bake in moderate oven (350° F.) for 45 minutes, basting twice with drippings in pan. Cut cheese slices into halves, place a strip on each patty and bake 10 minutes longer. Serves 6 people.

Another method of preparing it is to spread gluten mixture on pie plate. Cover with 6 thin onion slices. Top with cheese and cut the

whole into wedge-shaped pieces. Bake in oven as above and serve when the cheese is melted.

### After the Basketball Game

Chili Con Gluten  
Corn Bread Sticks      Crackers  
Carrot Curls      Dill Pickles  
Celery Sticks  
Pumpkin Pie w/ Whipped Cream  
Topping      Cereal Coffee

### Gluten-Tokwa Relleno

6 slices of gluten 6" by 4"  
1 cup mashed tokwa  
1/4 cup raisins  
1 small onion, minced  
1/4 cup chopped, stuffed olives  
2 hard boiled eggs, chopped  
2 ripe tomatoes, sliced  
2 tablespoons chopped pickles  
1 can peas  
2 tablespoons catsup  
2 tablespoons butter  
2 tablespoons vetsin  
1 teaspoon pepper

Saute onions, add tomatoes, catsup; simmer for 5 minutes in slow fire. Add tokwa, raisins, olives, pickles, eggs, vetsin and pepper. Cook over slow fire, stirring constantly for 5 minutes more. Remove from fire. Put a tablespoonful or two of the mixture in each gluten slice and roll. Dip in eggs and crumbs. Fry. Slice 1/2 inch wide. Serve with desired sauce.

**Gluten-Tokwa Relleno is an example of how these two protein-rich ingredients can be combined to form a complete protein dish.**







**Skillet Dinner**

2 tablespoons oil  
 1 clove garlic  
 1 cup finely diced onion  
 3 cups ground gluten  
 1/2 cup finely diced carrot  
 1/2 cup water  
 1 cup cooked rice  
 1 cup finely diced fried potatoes  
 2 teaspoons soy sauce  
 Salt  
 Vetsin  
 Sage

Brown the garlic, onion and gluten in oil. Add carrots and water and simmer until tender. Add cooked rice and fried potatoes, season with soy sauce, salt, vetsin, and sage. Garnish it with parsley and serve it hot.

**Gluten Whirl**

1 pound ground gluten  
 2 boiled eggs  
 1/2 cup bread crumbs  
 1 teaspoon salt  
 1/8 teaspoon celery salt  
 1 teaspoon vetsin  
 2 eggs, slightly beaten  
 Cheese slices  
 1/4 cup chopped parsley  
 1/2 cup tomato sauce  
 3/4 cup water  
 Soy sauce

Preheat oven to 375°F. Lightly mix gluten, boiled eggs, bread crumbs, salt, celery salt, vetsin and lightly beaten eggs. On wax paper, mold gluten mixture into rectangle. Lay cheese slices on gluten, sprinkle with parsley. Roll tightly as for jelly roll, lifting paper with one hand and guiding gluten mixture with the other. Press ends to seal. Carefully transfer loaf to shallow baking dish (10" by 6" by

1 1/2"), seam side down. Combine tomato sauce, water, soy sauce, and vetsin. Pour over gluten. Bake 30 minutes, basting frequently.

**Gluten and Tokwa Bola-Bola**

1 cup ground gluten  
 1 cup mashed tokwa  
 1 small onion  
 2 tablespoons oil  
 2 eggs, well beaten  
 2 cups water  
 1 bunch each of kinchay and green onion  
 3 tablespoons cornstarch  
 1 tablespoon salt  
 1 teaspoon vetsin

Add cornstarch, salt, and vetsin to the ground gluten and mashed tokwa. Add well-beaten eggs to the mixture. Mix well. Make into small balls. Put oil in a pan. Add onions and water. When the water boils, drop in the balls and boil for a few minutes. Then add chopped kinchay and green onion. Salt to taste.

**Sweet Potato Gluten Balls**

1 kilo yellow sweet potatoes, boiled, mashed  
 1 egg beaten  
 1 cup gluten loaf (left-over)  
 1/2 cup pineapple juice  
 1/4 teaspoon salt  
 1 teaspoon vetsin

To mashed potatoes add salt, pepper, sugar and egg, mix very well. Shape into ball and roll in crumbled gluten loaf. Bake in greased pan at 350°F. 15 minutes. Baste balls with syrup made by boiling pineapple juice with 1/2 cup brown sugar for 5 minutes. Make a hole in the loaf and insert hard cooked eggs cut into stars.



Serve on a platter garnished with lettuce leaves.

### Corn Gluten Balls Mexicali

- 1 1/4 kilos ground gluten
- 2 raw eggs
- 4 tablespoons chopped pepper
- 4 tablespoons chopped onions
- 2 cans tomato sauce
- 1 1/2 cups water
- 1 1/4 teaspoons chili powder
- 2 cans whole kernel corn
- Cracker crumbs—as needed
- Salt
- 1 1/2 teaspoons vetsin

Mix the ground gluten, salt, vetsin, eggs and cracker crumbs and make into small balls. Fry and set aside. Saute the onions and pepper, add the tomato sauce, water and chili powder. Let boil, season with salt and vetsin. Add the balls and corn. Let simmer. Keep in the oven to keep warm. Makes 8 to 10 servings.

### Lumpia Supreme

- 1 cup ground gluten
- 1 tablespoon finely chopped green onions
- 1/2 cup ground mushroom
- 1 teaspoon vetsin
- Salt to taste
- 1 can tomato soup
- 3 lumpia wrappers
- 6 small onions
- 1 tablespoon green pepper, cut in cubes
- Bread crumbs

Mix gluten, green onions, mushroom, vetsin, pepper, salt. Cut lumpia wrappers in halves. Roll gluten mixture in wrapper into a roll one centimeter in diameter. Cut 2 inches long. Dip both ends in egg

then in bread crumbs and fry. Peel the onions. In 1 tablespoon oil, saute green peppers. Add tomato soup and a little salt to taste. Arrange lumpias in a casserole alternately with the onions. Pour tomato sauce over them. Bake 10 minutes and serve hot.

### Ground Gluten Lumpia

- 1/2 cup ground gluten
- 1 onion, sliced
- 1 medium-sized tomato
- 1 small box raisins
- 1/2 teaspoon vetsin
- 2 potatoes, finely cubed
- 2 cloves garlic, crushed
- 20 lumpia wrappers
- 1/2 cup oil
- Salt

Heat oil in frying pan and saute the garlic, onion and tomato. Add potatoes and ground gluten and cook till done. Add raisins and season to taste. Transfer to shallow plate and cool. Drop 1 tablespoon mixture on each lumpia wrapper; fold and fry in hot oil. Serve with sauce.

### Gluten Roast Especial

- 2 cups ground gluten
- 1/2 cup ground sentai mushrooms (buttons)
- 1/2 cup oatmeal
- 1/2 cup mushroom soup
- 1 teaspoon vetsin, salt
- 1/2 teaspoon dry tumeric
- 1 tablespoon onions, minced
- 1 tablespoon mayonnaise
- 1 tablespoon sweet pickles, minced
- 1-2 eggs, beaten

Mix very well. Mold into patties and fry in deep oil, or place in roast pans and bake. Serve with catsup.



## Scalloped Gluten and Cabbage

2 cups boiling water  
2 quarters chopped cabbage  
2 cups evaporated milk  
1/4 pound cheese  
1/4 cup flour  
1 teaspoon salt  
7 ounces ground gluten, flaked  
2 cups buttered bread crumbs  
1 teaspoon vetsin

Pour boiling water over cabbage, heat to boiling and add 1 cup milk and the cheese, cut into small pieces. Cook over hot water until cheese is melted. Blend flour, salt and remaining milk and add to cabbage. Add gluten and pour into buttered casserole. Top with crumbs and brown in moderate oven (350° F.) for 20 minutes.

## Kari-Kari

2 cups gluten in serving sizes  
1 block tawho, cut in serving sizes and fried  
1 bunch sitaw (10 long pieces)  
2 eggplants, cut in strips  
4 cloves garlic, crushed  
1/2 cup atsuwete water  
1/2 cup roasted rice  
3 tablespoons vegetable shortening  
1 banana bud  
1/2 cup roasted peanuts  
1 onion, cut in pieces  
Soybean oil  
Salt to taste  
1 teaspoon vetsin

Roast peanuts and pound in a mortar. Roast rice and pound. Saute in oil the garlic, onions, gluten and tokwa. Add broth, rice flour, peanuts, vegetables, and atsuwete water. Continue cooking until vegetables are of proper tenderness.

## Kaldereta

1 kilo gluten cut into pieces (pre-cooked in soy sauce broth)  
1/4 cup oil  
5 segments garlic, crushed  
6 potatoes, quartered  
1 large onion  
Slice of hard-cooked eggs  
6 tomatoes, sliced  
Paprika, salt to taste  
1 teaspoon vetsin  
1 cup cooked peas (guisantes)  
Sliced pimientos  
Bread crumb mixture (see below).

Heat oil and brown garlic. Remove garlic and saute onion and tomatoes, then add gluten and seasonings. When partly done, transfer into a deeper pan, then add gluten stock to cover the mixture. Add potatoes and continue cooking. When potatoes are tender add bread crumb mixture, pimientos and peas. Serve hot and garnish top with slices of hard cooked eggs.

## Bread Crumb Mixture

1/2 cup fine toasted bread crumbs  
2 tablespoons kalamansi juice  
1 cup gluten stock  
Vetsin, sugar, to taste

Mix well.

## Gluten Steak

3 cups gluten, sliced thin  
1/4 cup soy sauce  
1/3 cup water  
1 teaspoon vetsin  
2 tablespoons lime juice  
1 big onion, sliced in rings  
1 teaspoon cornstarch

Soak sliced gluten in soy sauce, water and lime juice mixture for about 30 minutes or longer. Drain and fry lightly. Set aside. Saute



onions in about 2 tablespoons oil. Set aside. Place the soy sauce-lime juice mixture in a pan, add gluten and let boil. Thicken with cornstarch. Just before removing from fire, add the onion ring. Decorate with raw green and red pepper rings. Makes 5 to 6 servings.

### Gluten Steak Country Style

1/4 cup oil  
6 pieces gluten steak  
1 1/4 teaspoons salt  
1/4 cup flour  
1/2 cup chopped onions  
3/4 cup water  
1 teaspoon white sugar

Mix the flour and salt. Roll the gluten in it and fry in hot oil. After taking out the gluten, leave about 1 tablespoon oil in the pan and brown the chopped onions. Put the gluten back in and add the catsup, sugar, and left-over flour-salt mixture dissolved in a little water. Let simmer for 10 minutes. Makes 6 servings.

### Morcon With Catsup

2 1/4 cups ground gluten  
5/8 cup grated cheese  
3/4 cup sweet pickles  
5/8 cup seedless raisins  
3 hard-cooked eggs  
4 raw beaten eggs  
5/8 cups chopped onions  
Salt to taste  
1/2 teaspoon vetsin

Beat eggs with small amount of water, salt and vetsin. Fry thin and flat. Saute the chopped onions and the other ingredients. Let cool, then spread it over the fried egg. Next, place the hard-boiled eggs one after the other, lengthwise on

the fried eggs and roll the fried egg as you would a jelly roll. Place on greased pan and warm in oven at 300° F. Serve sliced with catsup. Makes 8 to 10 servings.

### Gluten Victoire

4 pieces gluten steak  
3 tablespoons margarine  
1/2 small onion, chopped  
2 teaspoons chopped kinchay  
1/4 teaspoon pounded garlic  
1/4 cup pimiento strips  
1 teaspoon grated kalamansi rind  
1/4 cup liquid from canned peas  
1 cup drained peas  
1 tablespoon cornstarch  
1 teaspoon vetsin  
1 teaspoon kalamansi juice

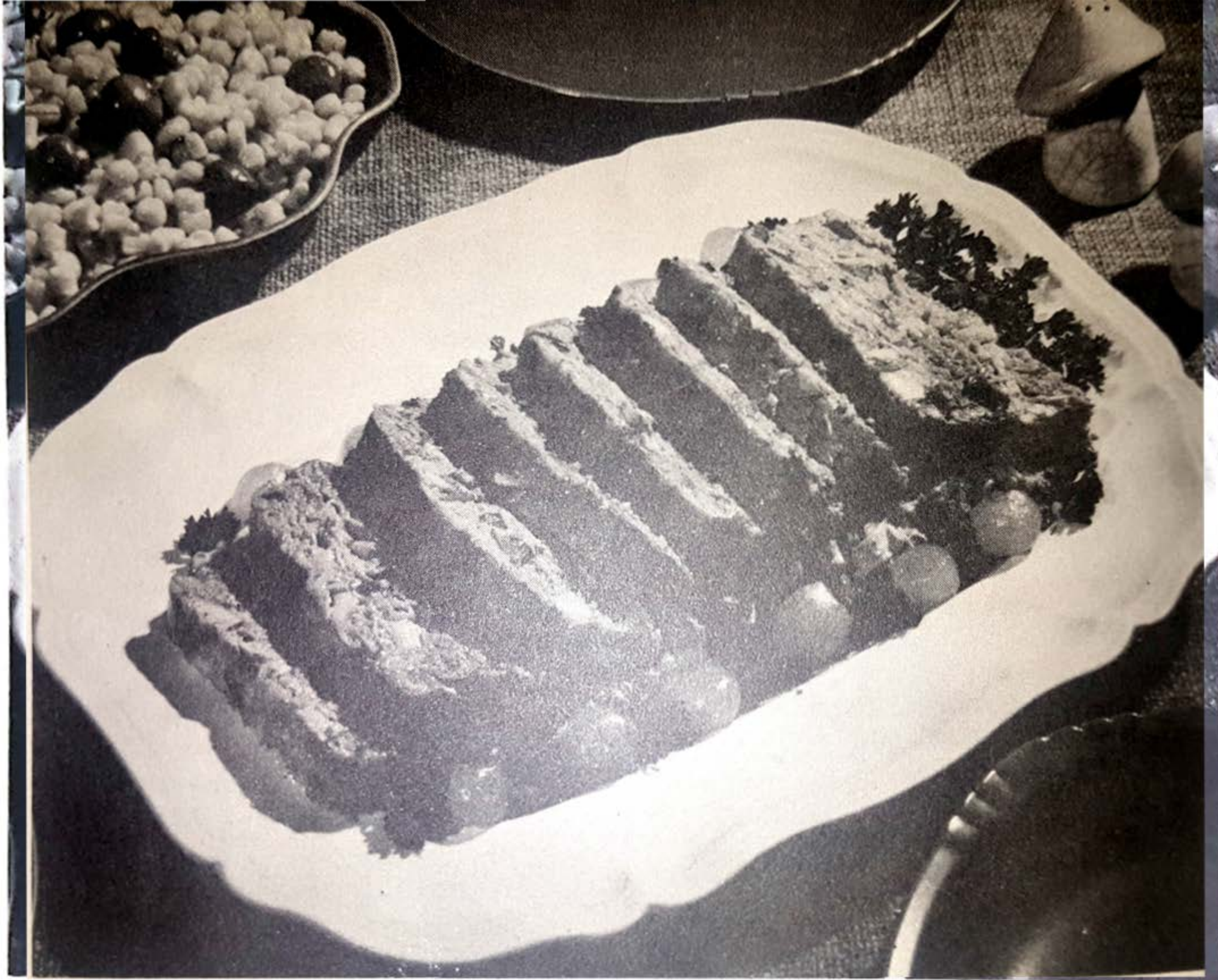
Brown gluten in margarine. Add the garlic and onions. Cook till onions are tender. Add the liquid from peas, the kinchay, pimiento, grated kalamansi rind and vetsin. Thicken with cornstarch, add kalamansi juice. Just before serving, add the peas, and let simmer till the peas are hot.

### Easy Loaf

2/3 cup fine cracker crumbs  
1 cup milk  
2 cups ground gluten  
1 cup finely diced tokwa  
2 beaten eggs  
1/2 cup chopped onion  
1 teaspoon salt  
1 teaspoon vetsin  
1/2 teaspoon sage

Soak cracker crumbs in milk; add remaining ingredients, mix well. Shape into loaf in shallow baking pan. Bake at 350° F. for 30 to 35 minutes.





In Mock Beef Loaf, easily obtained ingredients provide a complete vegetarian meal.

### Mock Beef Loaf

- 2 cups ground gluten
- 1 cup ground mushrooms
- 1 onion, minced
- 1 can (8-oz) tomato sauce
- 1 small can peas
- 1 small box raisins
- 1/2 cup chopped sweet pickles
- 2 tablespoons green pepper
- 1 can crushed pineapple
- 1 cup crumbs
- 1 teaspoon crushed sage
- Salt and vetsin
- 2 hard-cooked eggs

Combine all ingredients except pineapple and eggs. Grease well a loaf pan. Line bottom with slices of hard-boiled eggs and then with crushed pineapples. Pack well gluten on top of it. Bake in a moderate oven 350° F.) until cooked. Serve with catsup.

### Mock Chicken Balls

- 1 cup toasted oatmeal
- 2 cups ground, fried gluten
- 1 cup chopped hard-cooked eggs
- 1/2 cup onions, minced
- 2 tablespoons ground garlic
- 1 cup celery, minced
- 1 cup mashed tofu
- 2 tablespoons soy sauce
- 1 tablespoon vetsin
- 2 teaspoons savory or poultry seasoning
- 1 tablespoon oil
- 1/2 cup peeled tomatoes, chopped
- 2 beaten eggs
- 1/2 cup crumbs or flour

Mix all ingredients very well. Form into small balls. Roll in eggs and then in crumbs or flour mixed with 1 teaspoon baking powder. Fry in hot oil or bake. Serve with desired sauce. Variation: Make the



balls small. After frying drop in stock.

### Neapolitan Macaroni

2 cups cooked gluten  
1/2 cup tomato puree  
1 onion, minced  
1/2 cup grated cheese  
1 package macaroni, cooked  
1/2 cup white sauce  
1/2 cup oil  
Salt to taste  
1 teaspoon vetsin

Mince the gluten very fine, mix and saute in oil the onions, sauce and tomato puree. Add salt and vetsin. Sprinkle the bottom of the pan with grated cheese. Add a layer of the gluten, then a layer of macaroni, then more cheese. Pour sauce over the cheese. Allow to simmer in the oven for some minutes and serve.

### Baked Tofu

1 cup minced onions  
1/2 cup shredded carrots  
2 cups mashed tofu  
1 tablespoon mayonnaise  
3 eggs, beaten

Saute onions and carrots and tofu. Combine with other ingredients in a baking dish, and bake.

### Banana Blossom Kilawin

2 banana blossoms  
1 cup fried tokwa cubes  
1 tablespoon crushed garlic  
Kalamansi juice, salt  
1 teaspoon vetsin  
1 onion, sliced  
4 tablespoons oil  
2 cups water

Remove tough covering of the blossom. Slice thin, crosswise. Squeeze it with salt and then rinse. Mix tokwa, sliced onion and kalamansi juice. Saute garlic and add the tokwa. Add water, salt, vetsin, pepper and continue cooking. Then add the blossom. Turn over constantly till tender. Serve hot.

### Patola With Gluten

4 fresh young patola  
1 onion, minced  
1 cup gluten  
2 segments garlic  
Salt to taste  
1/2 teaspoon vetsin

Peel the patola, divide lengthwise into pieces 1 centimeter thick. Saute the garlic in hot fat until golden brown. Add onions and tokwa and 1/4 cup of water. Let it boil, then add the patola, salt and vetsin. Continue cooking until done, adding more water if necessary.

### Cardillo

1 block tokwa (1 pound)  
2 tablespoons oil  
1/2 cup water  
Salt  
1 teaspoon vetsin  
1 clove garlic  
1/2 cup sliced tomato  
2 eggs

Cut tokwa into pieces suitable for serving, salt to taste and fry in oil until golden brown. Remove from pan and fry the garlic in the remaining oil. When golden brown add the onion, tomatoes, and salt. When tomatoes are cooked, add water and boil from 3-5 minutes. Drop the fried tokwa into the mix-



ture, remove from heat and add well-beaten eggs. Serve hot.

### Bulanglang

1 cup malunggay leaves  
1 cup squash, cubed  
1 cup upo, sliced  
Salt  
1 teaspoon vetsin  
1 cup tokwa, cubed, fried  
1/2 onion  
1 cup rice water  
Tomatoes

Mix tomatoes, onion, and squash in deep saucepan or pot. Add rice water and boil. After 5 minutes cooking, add tokwa and upo. When upo is almost tender, add malunggay and cook 2 minutes longer.

### Fried Tokwa With Sweet-Sour Sauce

12 tokwa squares, cut lengthwise and fried  
1 cup pineapple tidbits  
1 medium size green pepper, cut in strips  
1/2 cup pineapple juice  
2 tablespoons lime juice  
1 teaspoon pounded garlic  
3 tablespoons soy sauce  
3 tablespoons cornstarch  
2 cups water  
1 1/2 teaspoons salt  
1 teaspoon vetsin

Saute garlic in a little of oil. Add the pepper, pineapple, tidbits, water, pineapple juice, lime juice, soy sauce, salt and vetsin. Let boil. Dissolve the cornstarch and add. Cook for another 3 minutes, stirring constantly. Pour mixture on fried tokwa. Makes 6 to 8 servings.

### Golden Tofu Roast

1 cup mashed tofu  
1/2 cup mashed hard-cooked eggs  
2 eggs, beaten  
1 teaspoon sage  
1 tablespoon mayonnaise  
1 tablespoon soy sauce  
1 tablespoon onions, minced  
1 teaspoon vetsin  
1/2 teaspoon dry tumeric  
Salt to taste

Mix very well. Pour in a well-greased pan and steam.

### Peanut Butter Tofu Balls

1/2 cup peanut butter  
1 cup mashed tofu  
1/4 cup finely chopped onions  
1 teaspoon salt  
1 teaspoon vetsin  
2 tablespoons flour

Place all ingredients into a bowl and mix well. Shape into balls of desired size and deep fat fry. Serve with any kind of gravy. Makes 6 to 8 servings.

### Ground Steak Rolls

#### Filling:

1/2 kilo gluten  
2 tablespoons onion  
2 tablespoons oil  
1 tablespoon parsley  
1/4 cup catsup  
3 tablespoons flour  
1 teaspoon pepper

#### Pastry:

4 cups pastry flour  
1 tablespoon dry yeast  
1/3 cup warm water  
2 tablespoons sugar  
1 teaspoon salt  
3/4 cup milk  
1 egg  
1/4 cup shortening



Mix all the ingredients for the filling. To prepare the pastry: dissolve yeast in warm water, combine shortening, sugar, salt and milk; add unbeaten egg and soften yeast, add flour to a stiff dough. Knead dough on the floured board until smooth. Roll to about 1/4 inch thick. Cut into small rounds. Brush with butter. Place 2 tablespoons filling and cover with another round dough. Seal edges and brush with milk. Allow to rise until dough doubles in bulk, about 45 minutes. Bake at 400° F., 12 to 15 minutes.

### Tomisuafu

- 1 block tofu, cut in small cubes
- 1 tablespoon oil
- 1 teaspoon garlic pounded
- 1/2 sliced onion
- 2 ounces miswa
- 2 beaten eggs
- 3 cups of water
- 1 teaspoon salt
- 1 1/2 teaspoons vetsin
- 1/2 cup chopped green onions

Fry tokwa cubes till crisp. Saute garlic and onions in 1 tablespoon oil. Add water and let boil. Add seasonings Stir the beaten eggs vigorously into the boiling mixture. Add the fried tokwa and the miswa. Top with green onions. Serve hot.

### Tokwa Rebosado

- 1 cup mashed tokwa
- 4 eggs, beaten
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1 teaspoon vetsin

Add flour, salt and vetsin to the beaten egg. Blend well. Add the mashed tokwa. Drop in hot oil, one

tablespoon of the mixture at a time. Serve with catsup. Makes 6 to 8 servings.

### Tortilla de Tokwa

- 1 1/2 cups mashed tokwa
- 1 medium chayote, sliced fine
- 2 teaspoon crushed garlic
- 3 eggs, beaten
- 1/4 cup chopped onions
- 1 teaspoon salt
- 1/4 teaspoon vetsin
- 3 tablespoons oil

Saute garlic and onions in hot oil. Add the mashed tokwa and the chayote. Season with salt and vetsin. Cook till vegetables are tender and drain in a clean frying pan. Heat 3 tablespoons oil. Pour the beaten eggs and allow to spread to the sides of the pan. Pour the cooked tokwa onto one side of the egg, fold other side of the egg over. Place in a platter and serve hot. Makes 6 to 8 servings.

### Tokwa Barbecue Style

- 7 tokwa squares, cut in half and fried
- 1/4 cup margarine
- 1 teaspoon pounded garlic
- 1 medium onion, chopped
- 1 cup tomato sauce
- 1/4 cup lemon-lime drink
- 1/4 cup pineapple juice
- 1 teaspoon salt
- 1 teaspoon vetsin
- 1/4 cup water
- 1 tablespoon cornstarch
- 2 teaspoons sugar

Melt margarine, add the onions, and the rest of the ingredients except the tokwa and cornstarch. Let boil. Thicken with the dissolved



cornstarch. Add the fried tokwa and cover. Let simmer over low fire until half of the liquid is absorbed.

### Tokwa Croquettes

1/4 cup chopped onion  
2 tablespoons margarine  
2 tablespoons flour  
1/2 cup milk  
2 1/2 cups finely chopped tokwa  
1 slightly beaten egg  
1/2 cup shredded cheese  
1/2 teaspoon salt  
1 cup toasted bread crumbs

Cook onion in margarine till tender, blend in flour. Add milk, cook and stir until mixture thickens and bubbles. Add remaining ingredients. Chill several hours. Shape into patties. Roll in crumbs. Brown in hot oil.

### Soy Cheese Balls

1 onion  
1 tablespoon oil  
1 cup soy cheese  
1 cup bread crumbs  
Sage  
1/4 cup milk  
2 tablespoons nuts, pounded

Saute onion until slightly brown. Add soy cheese, bread crumbs, sage, milk and nuts. Blend well. Form into balls and bake in moderate oven until brown. Serve with tartar sauce (below).

### Tartar Sauce

3/4 cup mayonnaise  
3 tablespoons chopped pickles  
2 tablespoons olives, finely chopped  
1 tablespoon parsley, finely chopped  
1 tablespoon onion, finely chopped  
Vetsin to taste

Combine all ingredients; blend well. Serve with fried gluten or tokwa.

### Tofu Roast

Garlic  
1 onion  
1 carrot  
1 block, mashed tofu  
1 cup rolled oats  
1/2 cup bread crumbs  
3 beaten eggs  
Salt  
Soy sauce  
Sage  
Vetsin

Fry garlic, onion and carrots. Mix in the remaining ingredients. Put in a well greased loaf pan and bake for 30 minutes in moderate oven.

### New Year's Eve Buffet

Easy Loaf	Mushroom Gravy
	Candied Sweet Potato
Pickled Vegetables	Ripe Olives
Celery Hearts	Carrot Sticks
	Palitao
	Soybean Coffee

### Mock Pi-Quat

1 cup gluten, cut in strips  
2 tablespoons flour or cornstarch  
3 tablespoons soy sauce  
1 egg  
Salt

Beat egg, fold in flour or cornstarch. Add salt and soy sauce. Mix well. Dip each gluten piece into egg batter and fry in deep hot fat until brown.



Make the following sauce:

3 tablespoons soy sauce  
3 tablespoons vinegar  
3 tablespoons brown sugar  
1/2 cup water  
Salt

Mix all ingredients and cook over low fire until thick, stirring all the time. Put fried gluten into the sauce and stir together. Place in a platter, garnish with onions and green pepper cut into fine strips.

### Pancit Luglug

1/2 kilo fresh bihon  
2 pieces tokwa squares, cut in strips and fried  
2 cups cabbage, shredded  
1 cup cut cauliflower  
1 cup sliced green beans (chicharo may be used instead)  
1/4 cup chopped kinchay  
1/4 cup chopped green onions  
1/4 cup crushed garlic  
1/2 cup sliced onions  
1 raw egg beaten  
1/4 cup atsuwete water  
2 tablespoons soy sauce  
3 cups water  
1/4 cup cornstarch, dissolved in little water  
2 tablespoons vetsin  
Salt to taste  
1/4 cup ground peanuts

Saute onions in small amount of oil. Add the tokwa, cabbage, cauliflower, green beans (or chicharo), carrots. Season with 1 teaspoon salt and 1 teaspoon vetsin. Cook till vegetables are tender but not over cooked. Remove from fire and add the kinchay. Set aside. Dip fresh bihon in boiling water, drain and put in a platter. Keep hot.

#### Make sauce:

Heat 1/4 cup oil. Brown the garlic till golden brown. Remove gar-

lic from oil, leaving a small amount in oil. Add the atsuwete water, water, soy sauce, vetsin, and let boil. Add salt to taste. Dissolve cornstarch in small amount of water and stir in the boiling mixture. Cook for about 5 minutes. Stir in the beaten egg.

#### How to serve:

Place the bihon on a plate, then the sauce, then top with the cooked vegetables. Sprinkle on top the ground peanuts and the browned garlic and chopped green onions. Serve with sliced kalamansi. Makes 6 to 8 servings.

### Family Fare

Fried Gluten with Sweet Sour Sauce  
Sotanghon  
Creamed Peas & Cucumber  
Rice  
Katuray Flower Salad  
Peanut Brittle

### Pancit Guisado

1/4 kilo bihon  
3 pieces tokwa squares  
2 tablespoons chopped kinchay  
2 tablespoons chopped green onions  
2 cups cabbage, sliced thin  
1 cup carrot strips  
1/2 cup chayote strips  
1 cup chicharo  
1/4 cup sliced onions  
1 raw egg  
1 teaspoon crushed garlic  
1/2 cup cooked dried mushrooms  
1/3 cup atsuwete water  
2 tablespoons soy sauce  
1 tablespoon vetsin  
Salt to taste

Dry tokwa strips lightly. In 1/4 cup oil, scramble the egg till golden brown or until oil bubbles. Add the garlic, onions, mushrooms and atsuwete water. Let simmer till the odor has gone. Add the tokwa, car-



rots, chayote, chicharo and cabbage. Let simmer till half done. Add a little oil as necessary so it won't scorch. Add bihon, soy sauce, salt and vetsin; mix thoroughly. Cook for about 5 more minutes. Remove from fire, add the kinchay. Serve in a platter, garnish with chopped green onions and sliced hard-cooked eggs.

### Spanish Tokwa Balls

- 1 pound mashed tokwa
- 1 cup bread crumbs
- 1 tablespoon chopped onion
- 1 tablespoon chopped green pepper
- 1 teaspoon salt
- 1 egg beaten
- 1 small can tomato soup
- 1 cup water
- 1 teaspoon vetsin

Mix tokwa, crumbs, onion, salt, egg and vetsin. Form into small balls and brown in butter. Heat soup to boiling and pour over the balls. Simmer slowly about 30 minutes. Thicken gravy and serve on platter with boiled rice.

### Ukoy

- 2 cups rice flour
- 2 eggs
- 2 cups water
- 4 cloves garlic
- 1/4 cup atsuwete water
- 1/4 cup green onion
- 1 cup fried sliced tokwa
- 2 cups sprouted mongo

Mix rice flour with eggs, water and garlic. Add atsuwete water, salt, and green onions. Fill a saucer half full. Place the sliced tokwa and mongo sprouts in the center. Drop in deep hot oil and cook until brown.

### Sarciado Tokwa

- 4 tokwa (cut in four parts)
- 2 cloves garlic
- 1 big onion
- Green onions
- 2 tomatoes
- 2 tablespoons cornstarch
- Vetsin
- Sage
- 3 tablespoons sugar
- 2 tablespoons lime juice

Fry tokwa until brittle. Saute garlic, onions and tomatoes. Season with salt. Add a little water, and sugar to sweeten. Add the lime juice, then mix in the fried tokwa. When it boils pour in the cornstarch. Mix briskly. Season with vetsin and sage. Garnish with onion leaves.

### Cubed Tofu

Cut tofu in 1 inch cubes. Soak in a mixture of soy sauce, lime juice, garlic, savory, vetsin and salt for an hour. Dip in egg and bread crumbs, then back in egg again, and fry in hot oil.

### Beans With Coconut Milk

- 3 cups water
- 1 cup dry black beans
- 1 cup thick coconut milk
- Crushed ginger
- 1 sweet red pepper cut into strips
- 1 cup kangkong stems and leaves
- Salt
- 1/2 teaspoon vetsin

Bring the water to a boil, add the beans and boil for 2 minutes. Set aside for 1 hour. Add thin coconut milk and ginger. Boil until soft.



Add thick coconut milk. Season with salt and vetsin. Add kangkong and sweet pepper. Cover and cook 5 minutes longer.

### Bean Potato Puff

- 1 cup mashed potatoes
- 1 cup mashed tokwa or mashed or pureed beans
- 1/2 cup crumbs
- 1 egg
- 1/2 onion, minced

Blend all and season with pepper and salt. Drop by spoonfuls onto greased tins. Bake till brown.

### Bean Patties

- 1 cup boiled navy beans
- 2 eggs
- 2 tablespoons minced onions
- 1/2 cup bread crumbs
- 1 green pepper
- Salt
- 1/2 teaspoon vetsin

Mash the beans, beat the eggs, and mix with other ingredients. Make balls or flatten into patties, and fry.

### Kidney Bean Barbecue

- 2 cups cooked and drained kidney beans
- 1/4 cup margarine
- 2 teaspoons garlic, pounded
- 1/4 cup chopped onions
- 1 cup tomato sauce
- 1/4 cup lemon-lime drink
- 1/4 cup pineapple juice
- 1 teaspoon vetsin
- 1 teaspoon salt
- 1/2 cup liquid from beans
- 2 teaspoons sugar

Melt margarine over low fire, add the onions and the rest of the ingredients, except the beans. Let boil, then add the beans. Cover and let simmer till half of the liquid is absorbed.

### Kidney Bean Loaf

- 1 cup bread crumbs
- 2 cups red kidney beans, mashed
- 1/4 pound cheese grated
- 1 onion, chopped and sauteed in 1 tablespoon oil
- 2 eggs, beaten
- Salt, sage

Mix together all ingredients. If too dry, add more bean juice. Bake and serve with tomato sauce.

### Mock Fillet

- 1 cup rolled oats
- 1 cup ground garbanzos
- 1/2 cup hard-cooked eggs
- 1/2 cup chopped celery
- 1 onion, minced
- 1 can chopped pimienta
- Vetsin, salt
- 2 eggs, well-beaten
- Crumbs to bind

Mix very well. Mold in fish molder or form by hand in form of small fillet. Bake or fry. Serve with any sauce desired.

### Ovenless Baked Beans

- 2 cups cooked and drained navy beans
- 2 tablespoons brown sugar
- 1/2 cup tomato sauce
- 1/2 cup liquid from beans
- 1 medium onion, cut in rings
- 1 1/2 teaspoons salt
- 1 teaspoon vetsin
- 1 tablespoon margarine



Saute onion ring in hot margarine; save some onion rings for garnish. Add the tomato sauce to the sauteed onion rings. Add the water, salt, sugar and vetsin, and let simmer. Add the cooked beans, let simmer over low fire until half of the liquid has evaporated. Garnish with onion rings. Makes 5 servings.

### **Mongo Beans With Ampalaya**

2 cups cooked mongo  
1 tablespoon oil  
1/2 cup sliced tomatoes, finely chopped  
1 onion sliced  
1 teaspoon garlic crushed  
1 teaspoon salt  
1 teaspoon vetsin  
1 1/2 cups water  
Ampalaya leaves

Saute garlic and onions in hot oil and add the tomatoes. When tomatoes are thoroughly cooked add the mongo. Season with salt and vetsin and let boil. Add the ampalaya leaves, cooking only long enough to wither the leaves.

### **Red Beans Corn Creole**

2 cups cooked, drained red beans  
1/2 cup chopped onions  
1/2 cup chopped pepper  
1/4 cup margarine  
1 teaspoon salt  
2/3 cup catsup  
1 cup liquid from beans  
1 1/2 cups cooked corn  
1/4 cup chopped kinchay  
1 teaspoon vetsin

Saute onions and pepper in margarine. Stir in the catsup and the

rest of the ingredients. Cook over low heat for 5 minutes. Makes 6 to 8 servings.

### **Red Beans With Coconut Milk**

2 1/2 cups cooked, drained red beans  
1 tablespoon oil  
1 teaspoon crushed garlic  
1/2 cup sliced tomatoes  
1 medium onion sliced  
2 cups thick coconut milk  
1 teaspoon salt  
1 1/2 teaspoons vetsin

Saute garlic and onions in hot oil. Add tomatoes, press with back of spoon to cook thoroughly. Add the beans and coconut milk, let boil. Season with salt and vetsin.

### **Arroz a la Luzonia**

4 ripe saba bananas, sliced and fried till brown  
1/4 cup sliced cooked gluten  
1/2 cup tokwa, cut in cubes and fried  
2 raw eggs  
1 hard-cooked egg, sliced into half moons  
2 cups boiled malagkit  
6 slices red, sweet pepper  
2 tablespoons oil  
1 teaspoon salt  
2 sections garlic, crushed  
1 small onion, diced  
Dash of paprika

Saute garlic, onion, gluten and tokwa. Season with salt, and pepper if desired. Add malagkit and mix well. Add paprika for color. Remove from fire and cool. Add raw eggs, slightly beaten, and mix well. Grease a mold and line bottom with sliced hard-cooked egg and slices of red pepper. Fill with sauteed mixture, cover with a piece



of wax paper and steam 30 minutes. Unmold and garnish with fried bananas.

### Cabbage Au Gratin

- 1 small, firm head of cabbage
- 1 teaspoon butter
- 2 cups milk
- 4 tablespoons flour
- 4 tablespoons fat
- 1 teaspoon salt
- 2/3 cup grated cheese
- 1/2 cup bread crumbs

Soak cabbage in cold, salted water for 15 minutes. Put enough water in saucepan to partially cover cabbage and bring to a boil. Cut cabbage in small pieces, discard core. Drop into boiling water, cover, cook 8-10 minutes. Prepare white sauce in double boiler, add cheese, cook till cheese is melted. Drain cabbage, place in casserole. Pour white sauce over cabbage. Sprinkle bread crumbs over top. Bake 25-30 minutes until top is brown.

### Cabbage Rolls

- 1 medium head cabbage
- 1 cup ground gluten
- 1/2 cup chopped celery
- 1/2 cup chopped onions
- 1/4 cup chopped green pepper
- 1/4 cup cooking oil
- 1 teaspoon vetsin
- 1 cup cooked rice

Steam cabbage till leaves can be removed easily. Simmer the other vegetables (except the cabbage) in oil until near tender, then add the ground gluten and seasonings. Let simmer for a few more minutes. Add the mixture to the cooked rice. Mix well. Put 1/2 cup of the rice mixture in each cabbage leaf, fold

the ends and roll. Arrange cabbage rolls in a baking dish and pour tomato sauce. Bake for one hour at slow oven. Serve with tomato sauce. Makes 5 to 6 servings.

### Tomato Sauce

- 1 cup finely chopped tomatoes
- 1 cup tomato sauce
- 3/4 cup water
- 2 teaspoon salt
- 1 teaspoon vetsin
- 2 tablespoons oil
- 1/4 cup chopped onions

Saute onions in hot oil. Add the rest of the ingredients and let simmer for about 15 minutes.

### Cashew Nut-Cheese Balls

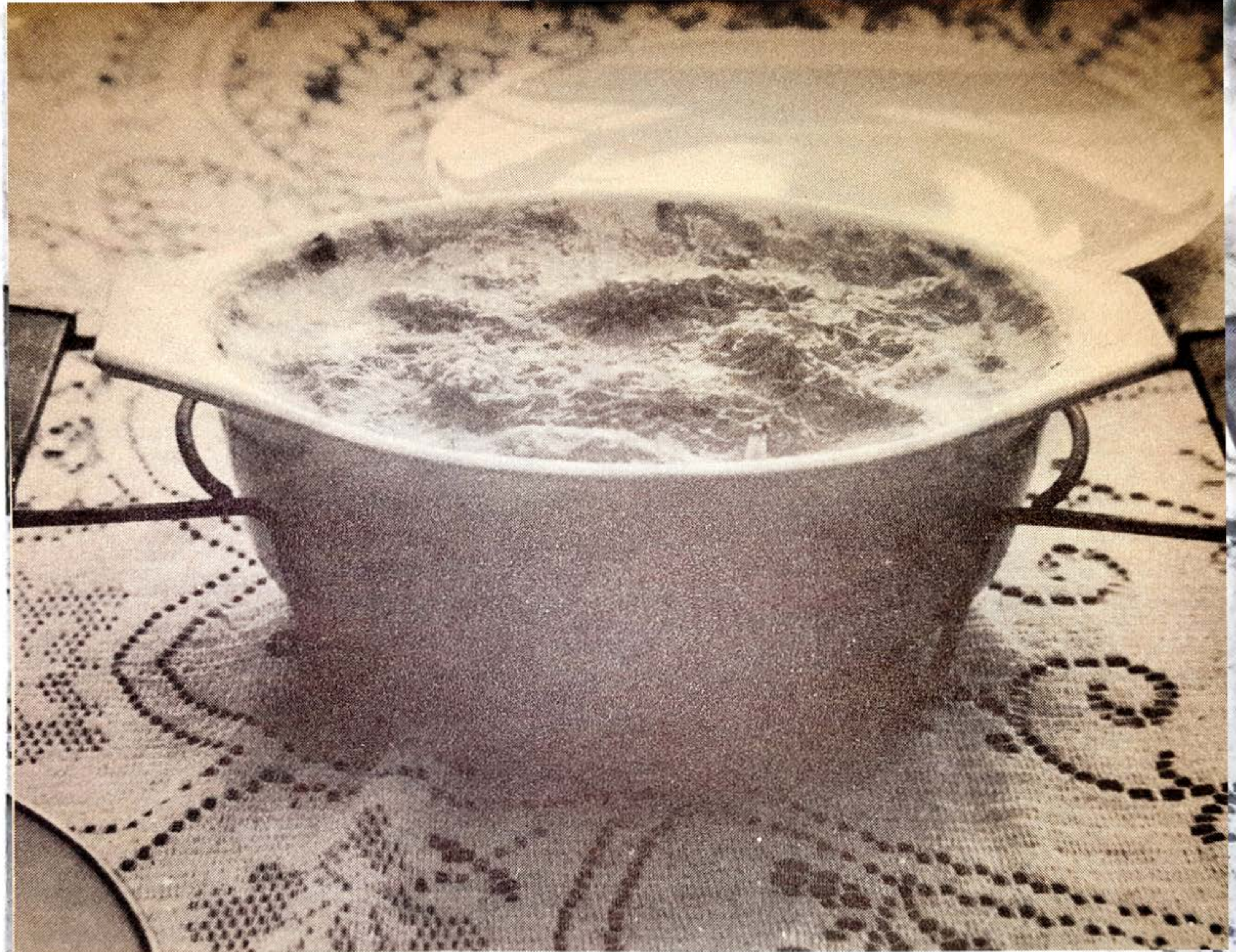
- 1 cup cracker crumbs
- 1/2 cup grated cheese
- 1 cup ground gluten
- 3 eggs, raw
- 1/2 cup onions, chopped fine
- 1 tablespoon crushed garlic
- 1 teaspoon salt
- 1 1/2 teaspoon vetsin

Combine all ingredients. Shape into balls and deep-fat fry. Place balls in dry pan and cover with tomato gravy. Sprinkle with another 1/2 cup cheese. Bake at 350° F. for 30 minutes. If no oven available, simmer over low fire for 5-10 minutes.

### Tomato Gravy

- 2 cups chopped tomatoes
- 1/2 chopped onion
- 2 cups water
- 3 tablespoons dissolved cornstarch
- 1 tablespoon oil
- 1/4 cup grated cheese
- 1 teaspoon salt
- 1 teaspoon vetsin





Creamy Cheese Cauliflower Casserole is an example of how even vegetables can be made into a main course dish.

Saute onions in oil. Add the tomatoes and cook tomatoes well. Add the water and let boil. Season with salt and vetsin. Thicken with cornstarch.

### Cauliflower and Tomato Casserole

1 head cauliflower  
Boiling water, 1 inch deep in pan  
2 teaspoons salt  
5 gluten steaks  
1/4 teaspoon dill seed  
3 teaspoons cooking oil  
2 large tomatoes, sliced  
2 cups soft bread crumbs  
1/2 teaspoon vetsin

Wash cauliflower and break into flowerettes. Place in the boiling water with one teaspoon salt and boil about 10 minutes or until almost tender. Fry gluten, mix with bread crumbs, dill seed and 3 ta-

blespoons of oil. Arrange sliced tomatoes, cauliflower, gluten steaks and bread crumbs in 6-cup casserole, sprinkling tomatoes with salt and vetsin. Repeat layer by layer until all ingredients are used, having bread crumbs on top layer. Bake in preheated oven 400° F. for 30 minutes or until crumbs are brown.

### Creamy Cheese Cauliflower Casserole

1 head cauliflower  
1 teaspoon salt  
3 tablespoons butter  
3 tablespoons flour  
1/4 teaspoon salt  
1 cup milk  
1 cup grated cheese

Wash and cook cauliflower in boiling salted water until tender; drain. Melt butter in saucepan,



blend in flour and salt and stir until well mixed. Cook 1 minute. Remove from heat, add milk all at once. Cook over low-to-medium heat stirring constantly until thickened. Add cheese, reserving 1/4 cup, and continue stirring until it melts. Pour sauce over cauliflower in casserole pan, then sprinkle remaining cheese over top. Bake in 350° F. oven until cheese melts.

### Gluten Casserole

3 tablespoons butter (or margarine)  
Garlic  
1 chopped onion  
1 can condensed tomato soup  
3 cups ground gluten  
Vetsin  
Sage  
3 cups coarsely shredded cabbage

Saute the garlic and onion in the butter, add gluten, vetsin and sage. Spread the cabbage in a baking dish, cover with gluten mixture and top with 3 more cups coarsely shredded cabbage. Pour tomato soup over the top. Bake in moderate oven for 30 minutes.

### Gluten and Corn Casserole

1 cup diced gluten  
1/4 cup grated cheese  
1/4 cup chopped onions  
1 1/2 cups cooked corn (may use canned whole kernel corn)  
2 cups medium white sauce  
1/4 cup chopped green pepper  
1 cup sliced mushrooms, (optional)  
2 egg yolks, beaten  
1/4 teaspoon paprika  
1 teaspoon salt

Saute onions and pepper in 1 tablespoon oil till tender. Add the gluten, then the corn and mushrooms. Cook for 5 minutes. Re-

move from fire. Blend together the sauce, egg yolks, and salt. Add the cooked gluten mixture. Pour into greased baking dish. Sprinkle with grated cheese and paprika. Bake at 350° F. for 1/2 hour.

### Teen-Age Supper Party

Cream of Corn Soup  
Ground Gluten Lumpia  
Sweet Sour Sauce  
Egg Salad Sandwich  
Assorted Relishes  
Coconut Macaroons  
Milk

### Glu-Rave Fondue

1 cup uncooked macaroni  
4 eggs, separated  
1/2 cup diced gluten  
1 cup milk  
1/2 teaspoon salt  
1 teaspoon vetsin  
1 cup cheese, shredded  
1 cup soft bread crumbs  
1/2 cup green chopped pepper  
6 tablespoons finely cut pimiento

#### For Sauce:

2 cans cream of mushroom soup or  
2 cans corn, cream style

Cook the macaroni. Beat egg yolk, add milk, salt, vetsin, cheese, crumbs, pepper, gluten, pimiento and macaroni. Mix well. Beat egg whites till stiff, fold gently into macaroni mixture. Pour in a well-greased baking dish and bake till knife comes out clean. Heat mushroom or corn—serve hot over Fondue. Garnish with green and red pepper.



### Spaghetti en Franco

- 1 package cooked spaghetti (1 1/2 cups)
- 1 1/2 cups gluten, small cubes
- 1/2 cup chopped onions
- 1/2 cup finely chopped tomatoes
- 2 tablespoons margarine
- 2 1/2 cups thin cheese sauce

Fry gluten and onions in margarine. Add the tomatoes and let simmer. Add the spaghetti and cheese sauce. Place in greased pan and bake at 350° F. for 1/2 hour.

### Something Special

- Rice-Carrot-Peanut Butter Roast
- Adobong Okra Guinatang Kamansi
- Kangkong-Tomato Salad
- Mango Ice Cream
- Maja with Ubi

### String Beans in Vegetable Loaf

- 1 cup finely cut string beans
- 1/2 cup diced carrots
- 1/2 cup finely cut celery
- 1/2 cup cooked rice
- 1 egg well beaten
- 3 tablespoons butter
- Salt to taste
- 2 tablespoons chopped nuts
- 1/2 cup white sauce
- 1/4 cup buttered crumbs
- 1/2 teaspoon vetsin

Cook beans 15 minutes in 1 cup boiling salted water, adding carrots and celery. Boil down rapidly so that little water is left. Drain.

Add rice, egg, butter, salt, vetsin, nuts and white sauce. Shape into loaf. Place into buttered pan; cover with buttered crumbs. Bake in hot oven until lightly brown. Serve with tomato sauce.

### Three-Layer Casserole

- 2 cups mashed potatoes
- 2 cups ground gluten, fried
- 2 tablespoons onions, minced
- 1 tablespoon green and red pepper
- 1/2 teaspoon sage
- 2 cups corn, cream style
- 1/2 cup shredded cheese

Mix gluten, onions, pepper and sage. Set aside. Grease a baking dish with margarine or butter. Season mashed potatoes with a little salt. Place it in baking dish, add the gluten mixture, then the corn and last the shredded cheese. Bake 10 to 15 minutes.

### Rice-Carrot-Peanut Butter Roast

- 1 1/2 cups peanut butter
- 1 cup milk
- 1/2 cup grated raw carrots
- 1 cup cooked rice
- 1 large or 2 small eggs
- 2 tablespoons oil
- 1 large onion, chopped fine
- 1 teaspoon vetsin
- 1/2 teaspoon sage or poultry seasoning
- 1 teaspoon salt

Fry onion in oil if desired. Combine milk and peanut butter, mixing well. Add other ingredients. When well blended, put into greased loaf pan or casserole dish and bake in moderate oven (350° F.) until carrots are done (30-45 minutes).



## Baked Eggs on Spanish Rice

- 1 cup uncooked rice
- 2 1/2 cups cooked or canned tomatoes
- 1/2 small onion, sliced
- 3/4 teaspoon salt
- 1 teaspoon vetsin
- 2 tablespoons melted butter
- 6 eggs
- 2 tablespoons grated cheese
- 1/2 cup buttered bread crumbs

Cook the rice. Simmer tomatoes, onion, salt and vetsin, for ten minutes. Put through strainer, pressing through as much pulp as possible. Blend flour and butter in saucepan, add tomatoes, stirring constantly. Cook till thickened. Arrange layer of rice in greased casserole and make 6 depressions in rice. Open and drop an uncooked egg into each depression. Pour tomato sauce over all and sprinkle with cheese and buttered bread crumbs. Bake in moderate oven (350° F.) until eggs are firm, about 15 minutes. Makes 6 servings.

## Baked Eggs on Toast

- 4 eggs
- 4 slices buttered toast
- 4 teaspoons butter
- 4 tablespoons water

Butter thoroughly 4 cups in a muffin tin, using up to 1 teaspoon of butter or margarine. (If some cups in muffin tin remain, fill half full of water to keep from discoloring.) Drop one egg into each cup. Add 1 tablespoon of water. Place in 350° F. oven and cook till well done, probably about 15 minutes. Slip from cup onto buttered toast—round toasted buns cut in half lengthwise are nice for this—and serve immediately.

## Bulgur With Egg

- 1 cup bulgur wheat
- 3 cups hot water
- 4 tablespoons cooking oil
- 2 teaspoons minced garlic
- 1 tablespoon minced onion
- 12 cups water
- 3 eggs, scrambled till golden brown
- 4 teaspoons salt
- 1 teaspoon vetsin
- 4 tablespoons minced onion

Soak wheat in hot water for 2 hours. Saute garlic and onion. (Reserve part of fried garlic for garnish). Add soaked wheat and water, bring to a boil, cook 30 minutes on high fire, stirring to avoid sticking. Add scrambled eggs, sliced into strips, vetsin and salt. Cook 15 minutes on medium, 7 minutes on low. Serve hot with fried, minced garlic and fresh green onions on top. Makes 12 servings.

## Cheese Fondue

- 4 slices bread, cut in half and buttered (margarine may be used)
- 1 cup cheese—grated or cut in small pieces
- 1/2 teaspoon dry tumeric or vetsin
- 2 eggs, well beaten
- 2 cups milk
- 1/2 teaspoon salt (if cheese is very salty, this may be omitted).

Heat oven to 350° F. (moderate). Place bread in shallow oblong baking dish, 8" x 12". Two smaller ones may be used. Spread cheese over bread; sprinkle with tumeric or vetsin. Mix egg, milk and seasoning—pour over bread. Bake 30 minutes until puffy and brown. If desired, dish can stand ready for the oven up to one hour before baking. Makes 4 servings.



## 68 *Main Dishes*

### **Gluten or Tokwa Fondue**

Scatter 1 cup diced gluten over bread before adding cheese mixture.

Mushrooms that have been sauteed may also be used.

### **Scrambled Eggs**

6 eggs  
3/4 teaspoon salt  
2 tablespoons margarine or oil

Beat eggs slightly until yolks and whites are broken. Add seasonings and mix well. Heat oil in skillet until melted and hot enough to sizzle when a drop of egg is added. Add eggs, reduce heat and cook slowly, stirring eggs from the bottom as they become firm and cooked (but not dry) throughout. Makes 4 servings.

#### **Variations:**

**Cheese**—add 1/2 to 3/4 cup grated cheese before cooking, or add 3/4 to 1 cup cottage cheese and 1 1/2 teaspoons finely chopped tiny green onions when they begin to thicken slightly. Finish cooking.

**Crouton**—Saute small bread cubes in margarine until light brown and crisp. Add to scrambled eggs.

**Curried**—add 1 to 4 tablespoons (according to taste) curry powder to egg mixture. Serve on toast or biscuits.

**Cooked vegetable**—add 3/4 cup any cooked vegetable desired.

**Gluten or tokwa**—add 3/4 cup diced gluten, tokwa or other meat substitute to egg mixture before cooking.

**Mushroom**—add 1/3 cup mushroom soup to egg mixture or 1/2 cup sauteed mushrooms.

**Onion and Parsley**—by adding a little onion juice (make by rubbing onion over a fine grater) and finely chopped parsley, a delightfully different flavor will be noted.

**Potato**—make a depression in stuffed baked potato and fill with scrambled eggs.

**Spanish Eggs**—cook chopped green pepper and pinjento with equal parts of chili sauce and grated cheese in butter about 5 minutes. Add to eggs before cooking.

**Unusual scrambled eggs**—use 1/2 cup thick sour cream. Add 1/2 teaspoon Turmeric powder mixed with 1 teaspoon lemon juice. Beat well before adding to egg mixture.

### **Creamed Eggs**

6 hard-boiled eggs  
2 cups white sauce  
2 or 3 tablespoons butter or margarine  
2 or 3 tablespoons flour  
1/4 teaspoon salt  
1 cup milk  
1/2 teaspoon vetsin

Melt butter in saucepan, blend in flour, salt and vetsin. Let bubble up together. Take off heat, add milk all at once; cook over low to medium heat, stirring constantly till thickened.

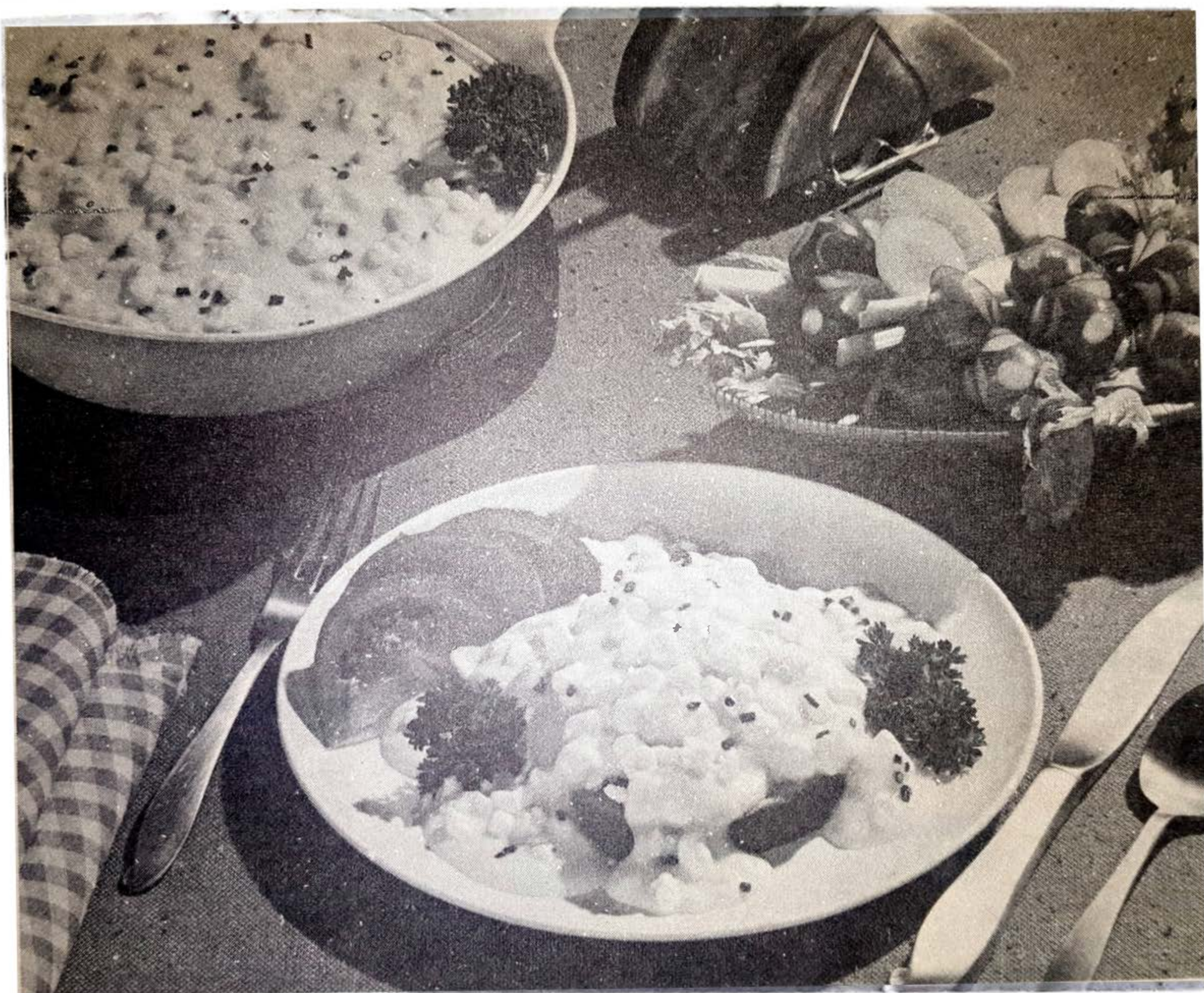
Slice eggs into white sauce. Serve hot on toast or baking powder biscuits. Garnish with parsley or sliced olives.

#### **Variations:**

**Goldenrod Eggs**—slice eggs into white sauce, reserving 3 yolks to be mashed. Sprinkle the mashed eggs over top of cooked egg mixture after placing on toast.

**Peas and Olives**—use only 3 eggs, add 1/2 cup cooked green garden





Creamed Eggs on toast is a dish suitable for any meal of the day.

peas and 1/2 cup olives. Serve on toast. Other vegetables may be used and the olives omitted.

**Mushroom**—add 1/2 cup sauteed mushrooms.

**Cheese**—add 1/2 cup grated cheese.

**Scalloped potatoes**—place alternate layers of sliced potatoes (these should be boiled first, then peeled) and the sliced egg, then white sauce. Top with layer of buttered bread crumbs. Bake in moderate oven (350° F. till heated through and crumbs are brown and crispy.)

**Tomato**—add 2 tablespoons tomato sauce.

### Easy Creamed Eggs With Mushrooms and Cheese

3/4 cup evaporated milk

1/4 pound mild cheese, grated

4 hard-cooked eggs

1/2 cup sauteed mushrooms (asparagus or string beans may be used, also chopped, sauteed gluten or tokwa.)

Scald milk in top of double boiler. Add cheese, eggs and mushrooms. Serve on toast or in toast timbales. Timbales are made by trimming crusts from edges of soft bread. Press into muffin tins to form cup. Place in moderate (350° F.) oven and allow to toast slowly.



## Egg Cutlets

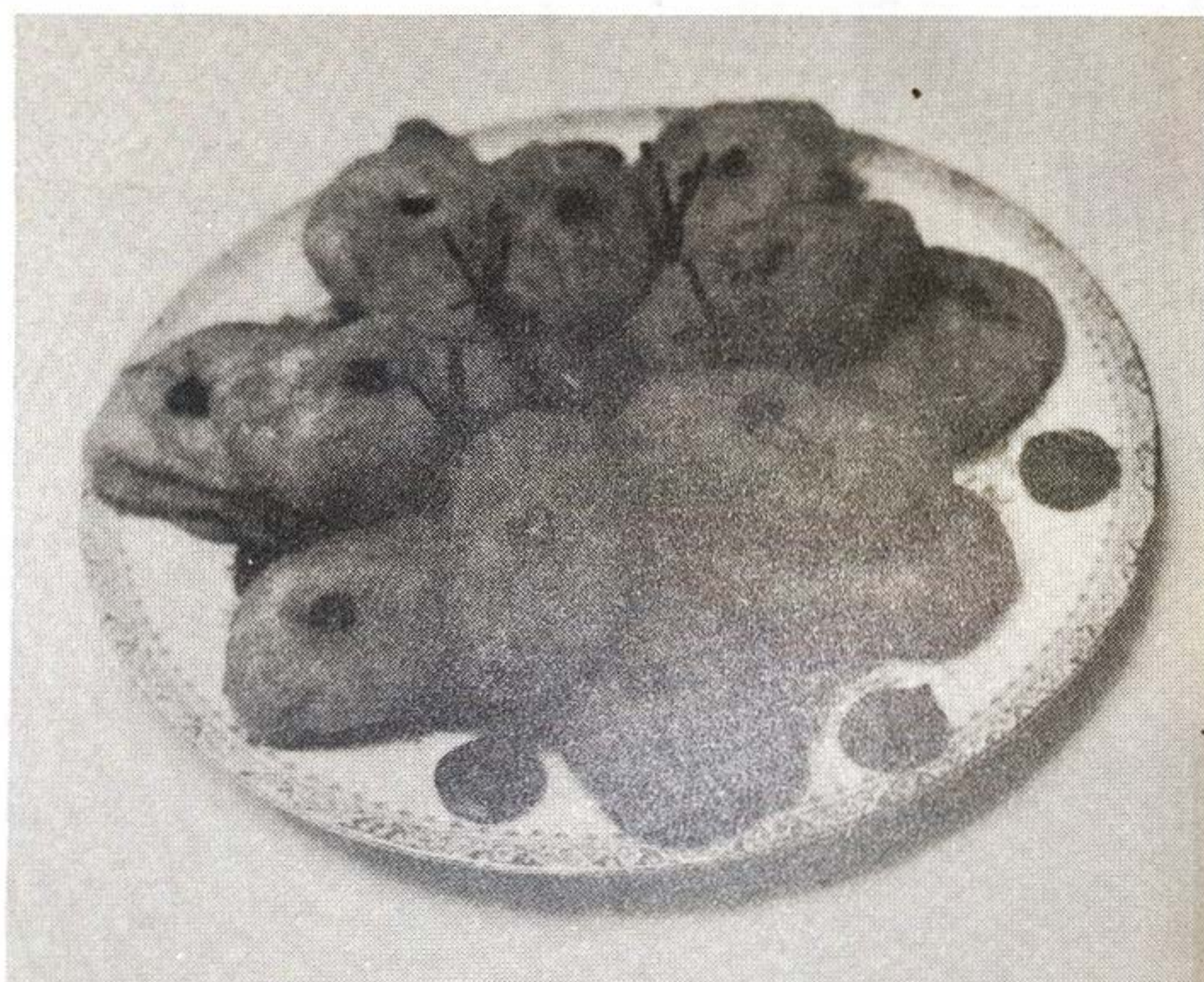
- 6 hard-cooked eggs, chopped
- 1/2 cup grated cheese
- 1/2 teaspoon pepper
- 1 teaspoon vetsin
- Salt to taste
- 1 cup mushroom soup
- 1 egg beaten
- 4 tablespoons butter
- Fine bread crumbs or corn meal

Add egg, cheese, seasonings and mushroom sauce. Blend well. Pat into an oiled layer pan. Chill in refrigerator. Cut with cookie cutter. Dip in crumbs, egg and then in crumbs again. Saute in butter till lightly brown.

## Egg and Noodle Stew

- 1 box egg noodles or 2 cups dry home-made ones
- 1 teaspoon salt
- 3 eggs
- 4 tablespoons oil
- 1 cup cubed gluten
- 4 tablespoons flour
- 2 cups cold water
- 2 teaspoons vetsin
- 1 cup canned or cooked dry garbanzos (optional)

Place beaten eggs in the hot oil in a skillet. Cook as for scrambling except continue cooking, stirring constantly, till the oil cooks out of the eggs and they are medium brown. They will foam and bubble on top. This gives the nice flavor. If they do not foam, add more oil. After they have browned add the gluten and cook a little longer. Stir in flour and vetsin, mixing well. Add water as for gravy and till thickened. Cook noodles in 4 cups boiling water. Drain if necessary. Combine egg mixture and noodles and mix well. If garbanzos



Egg Cutlets ready to be sampled, eaten, digested, enjoyed.

are used, add after eggs and noodles are mixed.

## Cheese Souffle

- 1 cup grated cheese
- 1 cup thick cream sauce as follows:
  - 3 to 4 tablespoons melted margarine
  - 4 tablespoons flour
  - 1/4 teaspoon salt
  - 1 cup milk

Melt butter in saucepan, add flour and salt, let bubble up together. Take off heat, add milk all at once; cook over low to medium heat, stirring constantly until thickened.

- 3 egg yolks, well beaten
- 1/4 teaspoon cream of tartar or 1/2 teaspoon lemon or kalamansi juice.
- 3 egg whites

Heat oven to 350° F. (moderate). Blend cheese into cream sauce; add egg yolks. Add cream of tartar



or juice to egg whites; beat till stiff. Fold in cheese mixture. Pour into ungreased 1 1/2 quart baking dish; make groove with spoon. Bake in pan of hot water (1 inch deep) 50 to 60 minutes until puffed and golden brown. 4 servings.

### Tomato Cheese Souffle

Prepare as cheese souffle but use tomato juice instead of milk.

### Stuffed Eggs

First, cook the eggs in either of the following ways:

- (1) Cover with boiling water, let simmer 15 to 20 minutes. Plunge immediately into cold water to keep yolks from discoloring and to remove shells easily. Or
- (2) Place hot water in both parts of double boiler. When water is boiling in lower part of boiler, place eggs in upper part. Cook 25 to 30 minutes.

Next, cut hard-cooked eggs in halves. Remove yolks and fill

whites with any of the following fillings (for special occasions, whites may be tinted with vegetable coloring or in beet or spinach juice).

### Fillings

- (a) Mashed egg yolk with chopped pickle and enough mayonnaise to make moist.
- (b) Chopped nuts, creamed cheese, and mashed egg yolks.
- (c) Mashed egg yolks with mayonnaise and salt.
- (d) Use your imagination on vegetable, nut, etc., combinations.

### Egg Sandwich Spread

Mash whole hard-boiled eggs, add mayonnaise to make soft enough. Add pickles, nuts, olives or celery or any other ingredients preferred. Spread on bread for open face sandwiches or top with second slice of bread for full sandwich.



## Chapter Seven



# Saucy Sauces

To dress up and add flavor  
to many main dishes

### Bechamel Sauce

1/2 cup butter  
1/2 cup flour  
1/2 cup milk  
Salt and vetsin to taste

Make a mixture of butter and flour. Cook a few minutes (take care not to brown the flour) and moisten with milk. Stir with a whisk until boiling. Season with salt and vetsin. Cook gently for 1/2 hour, taking care that it does not brown. Strain.

### Golden Sauce

Mix 2 chopped hard-cooked eggs in 1 cup Bechamel sauce (above). Season with salt, vetsin, chopped parsley and 1/2 teaspoon lemon rind.

### Cream Sauce

Prepare Bechamel sauce (above), thinned out with cream, well seasoned, and beaten with a spatula. Strain it and instead of butter, mix in 1/2 cup thick cream away from fire.

### Aurora Sauce

Mix Bechamel sauce (above) with tomato sauce to give it a rosy-orange tint. Add butter away from the fire. Serve with eggs, gluten, tokwa.

### Onion Sauce

Cook 1 1/2 cups of sliced onions in salted water until nearly done. Drain them and dry off in butter in a saucepan. Add 2 cups of very



thick Bechamel sauce. Season with salt and vetsin, simmer and sieve. Heat again. Add butter or cream. Serve on braised gluten or tokwa.

### Spanish Green Sauce

- 2 or 3 cloves garlic
- 4 cups broth
- 1 tablespoon chopped parsley
- 1/2 cup cooked peas
- 1/2 cup asparagus tips
- Salt and vetsin to taste

Add 2 or 3 cloves of chopped garlic to hot oil. When the garlic begins to brown, stir in a little flour and add gradually 4 cups of broth and 1 tablespoon of chopped parsley. Season with salt and vetsin and let it simmer until reduced by one-half. Add cooked peas and asparagus tips and simmer for 10 minutes longer. Serve over boiled egg, gluten or tokwa.

### Tartar Sauce

- 1 cup mayonnaise or sour cream
- 2 tablespoons tomato sauce, juice or puree
- Juice of 1/4 onion (may be made by grating on fine-size grater)
- 1 teaspoon chopped dill pickle
- 1 teaspoon chopped pimienta

Combine ingredients immediately before serving.

### Sweet-Sour Sauce

- 2 to 4 tablespoons sugar
- 1 cup of liquid from sweet pickles
- 2 tablespoons soy sauce
- 2 tablespoons kalamansi juice
- Salt

Mix all ingredients and simmer in saucepan, then thicken with cornstarch. Garnish with thinly sliced red and green peppers and carrots. Pour over vegetable medley.

### Thin Cheese Sauce

- 1 1/4 cups grated cheese
- 2 teaspoons salt
- 2 teaspoons vetsin
- 1 cup water
- 1/2 cup milk, evaporated
- 2 tablespoons flour
- 2 tablespoons margarine

Melt margarine in low fire, add flour. Add salt, vetsin and cheese. While stirring, slowly add water and milk. Continue stirring until smooth.

### Sunday Morning Brunch

- Chilled Pineapple Juice
- Rice Waffles                      Creamed Eggs
- Fried Bananas
- Cereal Coffee

### Tomato Sauce No. 1

- 1/2 kilo fresh, ripe, unpeeled tomatoes
- 1 large onion
- 1 carrot, finely sliced
- 1 tablespoon cornstarch
- 3 tablespoons sugar
- 1/2 pound butter
- 1 bay leaf
- Salt and vetsin to taste



Cook onion and carrot in melted butter. Add bay leaf. A minute later add a spoonful of cornstarch. Add, mixing well, 1/2 kilo of tomatoes that have been crushed and only their tops removed. Add salt, vetsin and sugar. Cover and cook in the oven, if possible, 3/4 hour, stirring 2 or 3 times to prevent the tomato from burning at the bottom. Put through a very fine sieve. Add butter.

When only preserved tomato puree is available, again make a little mixture with butter, onion and cornstarch. Add the puree, thinning with a little stock, if it is to be concentrated. Stir gently until

it boils. Cook for 15 to 20 minutes and sieve. Add butter, season and bring to the desired consistency.

**Tomato Sauce No. 2**

- 1 cup finely chopped tomatoes
- 1 cup tomato sauce
- 3/4 cup water
- 2 teaspoons salt
- 1 teaspoon vetsin
- 2 tablespoons oil
- 1/4 cup chopped onions

Saute onions in hot oil. Add the rest of the ingredients and let simmer for about 15 minutes.

**White Sauces**

Type of Sauce	Milk Cups	Thickening agent: flour or starch Tablespoons		Margarine Tbs.	Salt tsp.	Use
Thin	1	1	½	1	¼	Soups
Medium	1	2	1	1½-2	¼	Creamed vegetables; Cream sauces
Thick	1	3	1½	2 - 3	¼	Binding agents
Very thick	1	4	2	3 - 4	¼	Binding agents as in croquettes, etc.

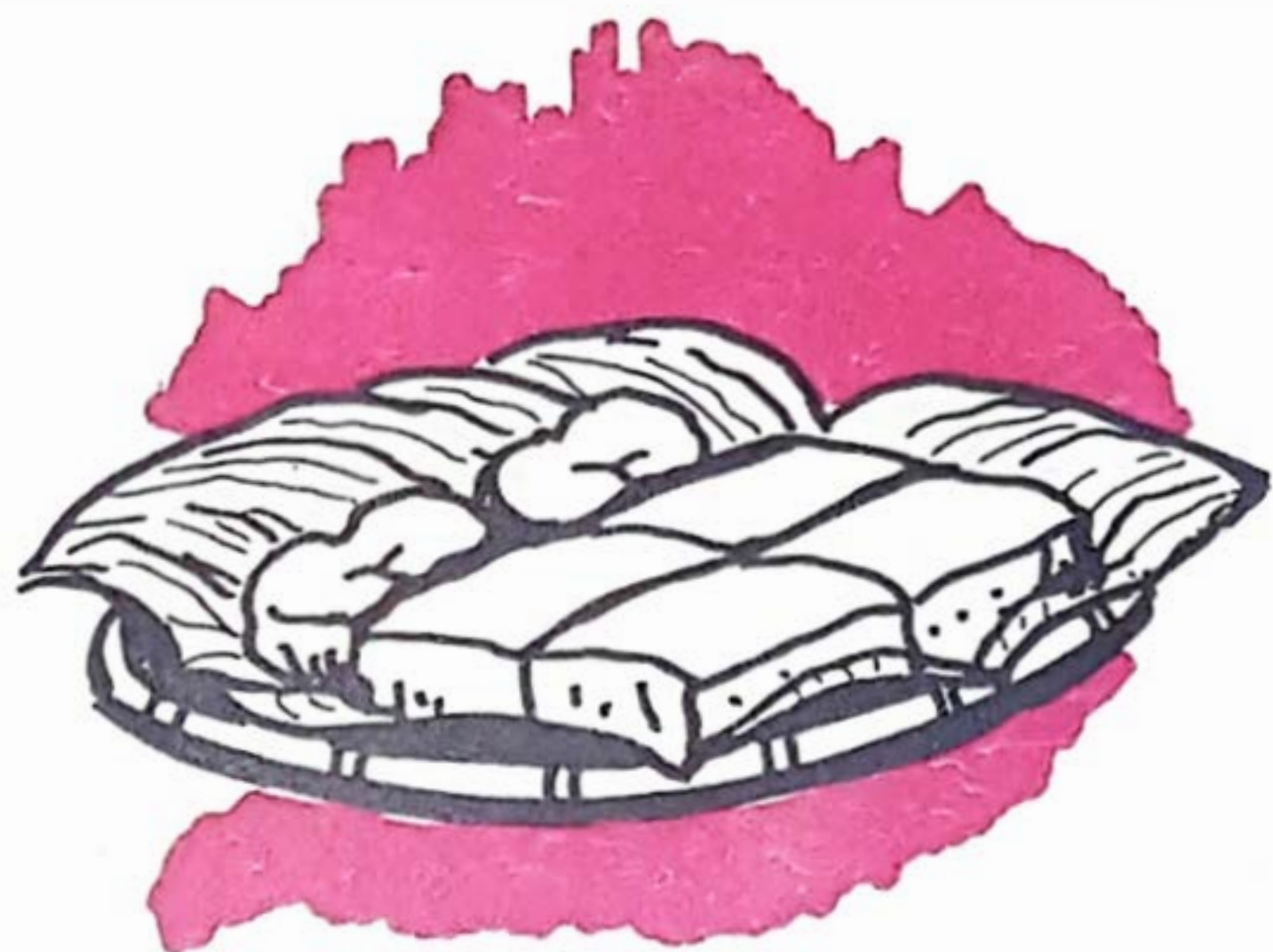
1. Melt margarine, add thickening agent and blend.
2. Heat milk (do not boil) and add flour mixture, stirring vigorously. Cook seven to ten minutes.
3. Add salt.



## Chapter Eight

# Resourceful

## Rice Dishes



A variety of ways to make more attractive this staple in the diet

### Baked Buchi

- 1 cup boiled mungo
- 2 cups malagkit rice
- 1 cup brown sugar
- 1/2 cup mashed boiled gabi

Soak the rice overnight and grind to stiff dough. Pare, boil, mash the gabi and pass through a coarse strainer. Mix the rice dough and the mashed gabi. Add the sugar to the boiled mungo. Use the rice and the gabi mixture as wrapper for the mungo. Form into balls the size of an egg and press down to about 1 1/2 centimeter thick. Arrange in a baking pan lined with banana leaf. Brush the top with thick coconut milk or melted butter. Bake in native oven until golden brown, or fry. Serve hot.

### Bibingkang Malagkit

- 2 cups malagkit
- 1/2 cup brown sugar
- 3/4 cup rich coconut milk
- 3 1/2 cups diluted coconut milk
- 1 teaspoon salt
- 1/4 teaspoon powdered anise

Boil the diluted coconut milk in a carajay. Add malagkit rice and salt. Boil until quite dry, stirring constantly to keep from burning. Lower the heat, and add 2/3 cups sugar. Line a clay oven with wilted banana leaf and place mixture on it. Pour the rich coconut milk on top and the rest of the sugar and anise seeds. Place cover of the bibingkahan with live coals on top and bake until brown.



**Cinnamon Rice**

- 2 cups cooked rice
- 1 cup milk
- Sugar to taste
- 2 tablespoons butter or margarine
- 1/2 teaspoon cinnamon

Heat rice, milk and sugar over low heat. Add butter and cinnamon and stir until combined. Serve hot with a pitcher of cream, for a delicious and filling breakfast or supper dish.

**Espasol**

- 1 1/2 cups cooked malagkit, ground
- 2 1/2 cups sugar
- 2 1/2 cups toasted malagkit, powdered
- 1 cup coconut milk

Make syrup of the coconut milk and sugar. When quite thick add the ground, cooked rice. Then add the powdered, toasted rice little by little until the mixture is dry enough to roll. Transfer to a board sprinkled generously with powdered malagkit. Roll with the rolling pin and cut into rounds or any desired shape. Sprinkle with rice powder to keep from sticking.

**Kalamay Pinipig**

- 3 cups pinipig
- 1 1/2 cups sugar
- 2 cups rich coconut milk
- A pinch of toasted anise

Soak the pinipig, after cleaning, in one cup coconut milk or water for 30 minutes. Boil the rest of the coconut milk with sugar. When the syrup is thick, add the pinipig. Stir

while cooking until thick and sticky. Place in a receptacle lined with banana leaf. Serve with coconut toast made as follows: Toast one cup of the coconut from which the milk has been extracted, with 2/3 cup sugar in a frying pan. Stir continuously until brown and crisp.

**Maja With Ubi**

- 1 kilo ubi
- 1 cup rice
- 3 cups coconut milk
- 2 1/2 cups sugar
- A pinch of powdered anise

Pare the ubi, slice thin, cover with water and boil until very soft. Mash well and strain through a coarse strainer. Soak and grind the rice with 1 1/2 cups water. Mix the ground rice, ubi, sugar, coconut milk and anise. Cook over medium heat until thick and smooth. Transfer to a greased deep plate and allow to cool. Serve in slices with toasted grated coconuts.

**Maja Blanca**

- 1 cup rice
- 1 cup white sugar
- 3 cups coconut milk
- A pinch of powdered anise

Soak the rice in 1 1/2 cups water for at least 4 hours and grind very fine. Add the coconut milk and sugar. Boil until thick and smooth over medium heat for about 25 minutes, stirring constantly. Place in deep greased enamel plates and allow to cool. Serve in slices with toasted coconut.



## Palitaw

- 2 cups malagkit
- 1 small coconut, grated
- 1 cup sugar
- 1/2 cup roasted linga

Soak the rice for at least 4 hours and grind to a stiff dough. Form into small balls, and flatten with a finger. Drop into boiling water. When they float, skim and drop in cold water to prevent from sticking to each other. Drain and serve with grated coconut and pounded roasted linga.



Palitaw tastes almost like dessert!

## Putong Puti

- 2 cups rice soaked and ground with
- 2 1/2 cups water
- 1 1/2 cups white sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt

(Note: Rice should either be wag-wag or Milagrosa.)

The ground rice should have the consistency of a thick batter. Add the sugar, salt, and one teaspoon of baking powder for every cup of the mixture. Fill molds (cups) two-thirds full of the mixture. Arrange in a steamer and steam for half an hour or until done. It is done when a toothpick inserted into it comes out dry. Remove from the molds and serve with grated coconut.

## Philippine Savory Rice

- 2 cups rice
- 1 head garlic
- 1 onion, minced
- 2 tablespoons oil
- 3 ripe sliced tomatoes (scalded and peeled)
- 1 teaspoon salt
- 1 teaspoon vetsin
- 1/2 cup cubed gluten on scrambled egg



Putong Puti, steamed and served with grated coconut.



Saute the garlic till brown. Add the onion. Stir in well-washed raw rice and add the tomatoes. Stir until rice is browned. Cover with water, season and finish cooking as in cooking plain rice.

### **Rice Pilaf With Mushrooms**

3 1/3 cups uncooked rice  
2 cups sticky rice  
2 cups margarine  
1 1/2 teaspoons ginger  
1/4 cup onion  
3 raw eggs  
11 cups water  
2/3 cup sliced mushrooms  
2/3 cup green onions  
Salt and vetsin

Brown eggs in hot margarine, add the onions and ginger. Add the

water and let boil, add the rice and the sticky rice. Cover over medium heat till rice is well cooked. Season with salt and vetsin. Just before serving, heat a small amount of margarine and saute the green onions and the mushrooms and add to the rice mixture. Makes 8-10 servings.

### **Sinukmani**

3 cups malagkit  
3 1/2 cups sugar  
3 coconuts  
1 teaspoon salt

Boil the rice in the usual way with 3 or 4 pandan leaves. Grate the coconuts and squeeze out the milk without adding water. Ex-

The secret in good Sinukmani is in the preparation of the coconut milk.





tract two more times by adding one cup hot water for each extraction. Boil the diluted coconut milk until it curdles with the sugar. Then add the thick coconut milk until it curdles again. Then add the rice and continue cooking, stirring constantly over slow fire until the mixture is very thick and does not stick to the side of the cooking vessel. Transfer to a receptacle lined with banana leaf. Serve hot or cold.

### Suman Pinipig With Latik

- 4 cups pinipig
- 2 cups sugar
- 1/2 teaspoon salt
- 3 cups coconut milk
- A pinch of toasted anise

Soak the pinipig in 1 1/2 cups thin coconut milk or water for 1/2 hour. Boil the rest of the coconut milk with sugar. When the syrup is thick add the pinipig, the salt and anise, stir and cook until thick. Remove from the fire and allow to cool. Roll and wrap a portion of this mixture in pieces of banana leaf dotted with latik and fold the 2 ends under. Put together in pair and tie.

### Tamales

- 2 cups roasted rice soaked in 1 1/2 cups water and ground
- 1/2 cup brown sugar
- 1 cup rich coconut milk
- 4 cups diluted coconut milk
- 2 hard-cooked eggs
- 1/4 kilo gluten—boiled and sliced
- 2 tablespoons atsuwete seeds soaked in 1/4 cup water
- 2 tablespoons salt
- 1 cup finely chopped peanuts

Mix the rice, diluted coconut milk, sugar, salt and atsuwete water. Cook until smooth and thick stirring constantly. Add the rich coconut milk and stir well until smooth. Add the chopped peanuts before removing from fire. Prepare wilted banana leaves by cutting into pieces about 10 inches wide. Put two pieces together. Place one spoonful of the mixture in the center of the leaf. Place a slice of gluten and a slice of egg on top and wrap. Wrap again with a narrow piece of banana leaf and tie around. Boil water in a cooking vessel that will accommodate all the tamales. Drop in the tamale while the water is boiling. Cover and let it boil for 1/2 hour. Transfer to a tray or basket and allow to cool before serving.



## Chapter Nine

# Vegetables with Verve



For flavor and zest,  
for a variety of minerals  
and vitamins, nothing beats  
the vegetables!

### Adobong Kangkong

- 2 bundles of kangkong
- 3 tablespoons soy sauce
- 1 teaspoon vetsin
- 1/2 teaspoon sugar
- 1 tablespoon kalamansi juice
- 1 clove garlic

Wash and sort kangkong. Saute the garlic. When brown, add kangkong. When partially cooked, add kalamansi juice and bring to a boil. Season with soy sauce, salt and vetsin. Okra or sigarilyas may be used instead of kangkong.

### Adobong Okra

- 20 pieces young okra
- 4 tablespoons kalamansi juice
- 1/2 cup finely chopped gluten
- 3 tablespoons soy sauce
- Garlic, onions
- Salt to taste
- 1 teaspoon vetsin

Wash and parboil the okra. Fry the gluten then add the garlic, onions and the young okra. Add kalamansi juice, soy sauce, salt and vetsin. Cook until the okra is tender.



### Banana Blossom Adobo

Remove tough cover of banana blossom. Chop fine. Squeeze with salt to remove puckery taste, and wash. Saute garlic till brown, add (laurel leaves) water, kalamansi juice and salt. Bring to a boil, and drop chopped banana blossom. Add vetsin and 2 tablespoons oil. Cook till tender and juice is almost gone.

### Bamboo Shoots With Gata

1 big bamboo shoot, sliced thin  
2 handfuls saluyot leaves  
1/2 teaspoon vetsin  
1 1/2 cups coconut milk  
Salt to taste

Squeeze out the juice from the bamboo shoot. Put in a pot with enough water and boil for a few minutes. Continue cooking until it is almost done. Add the saluyot leaves and season it. Add the coconut milk. Let it simmer, then remove from fire.

### Al mni Luncheon

Orange-Avocado Salad   Cheese Sticks  
Tartar Sauce  
Corn in Golden Tulip Cups  
Celery  
Clover Leaf Rolls  
Fruit Sherbet Freeze  
Apple Pie  
Buttered Peas  
Olives  
Butter

### Kamote Cones

2 cups boiled mashed kamote  
1 tablespoon margarine  
1 teaspoon salt  
1 cup shredded cheese

Mix kamote with margarine and salt. Add a little milk if too thick. Mix very well. Mold into small mounds as cones. Make a little hole in the top of the cone and put shredded cheese in the hole. Bake till cheese is melted. Serve hot.

### Corn in Golden Tulip Cup

1/2 cup yellow corn meal  
2 1/2 cups sifted flour  
1/2 cup shortening  
1 teaspoon salt  
4-6 tablespoons iced water or milk

Sift corn meal, flour and salt in a bowl. Cut in shortening till mixture resembles coarse crumbs. Add water, slowly stirring meal mixture until pastry can be formed into a ball. Divide pastry into two parts. On a floured board roll each to form a 9-inch square. Cut each square into four and shape over bottom of a muffin tin. Pleat edges, leaving corners to give tulip effect. Prick surface with fork. Bake in a preheated oven 450° F. 12-15 minutes. Cool. Remove from tins. Fill cups with Corn a la creme.

### Filling

2 tablespoons butter  
2 cups corn, cream style  
2 tablespoons minced onions  
1 tablespoon flour  
1 cup milk  
2 cups shredded Cheddar cheese  
2 tablespoons minced green pepper or pimiento

Saute onions in butter. Stir in flour and add milk, stirring constantly until the mixture thickens. Add the corn and continue cooking until the corn is hot. Then add 1/2 cup cheese and the green pep-



per. Stir over low heat till cheese melts. Serve hot in tulip cups.

### Corn With Malunggay

2 cups grated young corn  
1 clove garlic  
1 onion  
3 cups water  
1 small patola  
1 cup malunggay  
1/2 teaspoon vetsin  
Salt to taste

Saute garlic and onion. Add water and let it boil then add the corn, stirring often to avoid burning. When cooked, add the patola and malunggay. Serve hot.

### Super Supper

#### Tokua Croquettes

Curried Vegetables	Spinach
Steamed Rice	
Cucumber-Vegetable Salad	
Maja Blanca	

### Creamed Peas and Cucumber

4 cups shelled green peas  
1 medium onion, sliced  
1 teaspoon salt  
2 cups boiling water  
4 small cucumbers, peeled and diced  
3 tablespoons butter or margarine  
1 cup cream or rich milk, scalded  
1/2 teaspoon vetsin

Combine the peas, onion and salt in a saucepan. Add the boiling water and cover. Cook until peas are almost tender, (about 15 minutes). Add the cucumbers and con-

tinue cooking until these are also tender. Drain, cream and let boil once. Add vetsin. Serve very hot.

### Creole Eggplant

2 eggplants  
Salt  
Vetsin  
Flour  
1/2 cup oil  
1/2 cup chopped onion  
Garlic  
1 cup tomato soup  
1/2 cup water  
1/2 cup cheese

Pare eggplants and slice. Sprinkle with salt and pepper and dredge with flour. Fry slowly and drain. Saute garlic and onion, add tomato soup and water. Heat and season with salt and vetsin. Arrange eggplant, tomato mixture and cheese in alternate layers in greased baking pan. Bake in moderate oven for 20 minutes.

### Curried Vegetables

1 cup carrots  
1/2 cup squash, sliced  
1 cup chayote  
2 cups thick coconut milk  
1 tablespoon garlic  
4 tablespoons onions, chopped  
1 tablespoon curry powder  
2 tablespoons oil  
Salt to taste  
1 teaspoon vetsin

Saute the garlic until light brown, then add the onions. Add all the vegetables. Season with salt and vetsin. Cover and cook till tender. Add the curry powder when vegetables are half cooked. Serve hot.



## Fried Potato Logs

2 cups mashed potatoes  
2 tablespoons butter  
2 teaspoons salt  
1/2 teaspoon vetsin  
1 egg yolk  
1 tablespoon onions  
2 cups crumbs or cornmeal

Mix all ingredients and shape as big as fingers, and coat with flour. Roll in egg diluted with milk, and then roll in crumbs. Fry. Serve hot with gluten cutlets or fried tokwa.

## School Board Dinner

Twinkling Fruitade  
Golden Tofu Roast  
with Bechamel Sauce  
Fried Potato Logs      Green Beans  
Stuffed Tomato Salad  
Parker House Rolls      Butter  
Lemon Sponge Pudding  
Cereal Coffee

## Green Beans 'n' Mushrooms

2 cups fresh green bean pods (string  
or Baguio beans)  
1 tablespoon margarine or oil  
1 can mushrooms, ground  
1 tablespoon onions, minced  
1 teaspoon vetsin  
Salt to taste

Saute onions in oil or margarine. Add mushrooms, then the beans. Cover and let it simmer a few minutes. Add broth from mushrooms. Cook till beans are tender. Add salt and vetsin. Serve hot.

## Fried Squash Blossoms

2 cups yellow squash blossoms  
2 eggs, beaten  
Margarine or oil  
Bread crumbs

Cut off ends of the blossoms. Wash very well and lay them flat. Dip in beaten eggs and then in crumbs and fry in margarine or oil.

## Green Beans With Sauce

1 pound string beans  
2 tablespoons oil  
1 onion  
1 cup tomatoes  
1 teaspoon marjoram  
1/2 teaspoon French savory salt  
1/2 teaspoon vetsin

Boil string beans; when tender remove from fire and drain. Saute garlic, onion and tomatoes, add remaining ingredients. Simmer for 5 minutes. Pour over cooked green beans.

## Guinatang Kamansi

4 kamansi  
2 cups tokwa cubes  
1 teaspoon crushed garlic  
1 onion chopped  
2 or 3 tomatoes  
1 cup thick coconut milk  
Salt and vetsin to taste

Peel the kamansi and cut into regular pieces. Soak in water with salt to prevent darkening. Boil it in the second squeezing off the coconut. Boil tokwa with it shortly after taking it from fire. Saute garlic, onion and tomatoes. Add the cooked kamansi and tokwa. Season



with salt and vetsin. Add the thick coconut milk. As soon as it boils take it from fire and serve.

### Jackfruit With Coconut Milk and Kalamansi Juice

3 cups boiled young jackfruit and cut into strips  
1/2 cup kalamansi juice  
1/2 cup pure coconut milk  
Ginger  
Crushed garlic  
Onion  
Salt to taste  
Vetsin to taste

Mix all ingredients and season with salt and vetsin, then serve.

### Okra Tempura

15 okra  
3 eggs  
1 teaspoon salt  
1/2 cup oil  
3/4 cup bread crumbs

Cut okra lengthwise into two pieces. Dip each in beaten eggs. Roll on bread crumbs and fry till brown. Serve with catsup.

### Pansit Butong

3 young coconuts  
3 tomatoes  
1 cup tofu  
1 medium size onion  
2 tablespoons oil  
2 cloves garlic, minced  
4 cups soup water  
1 cup mushrooms  
2 green and red pepper  
Kinchay  
2 tablespoons soy sauce  
1 teaspoon vetsin

Cut young coconut meat into fine strips. Saute garlic, onion and tomatoes in hot oil. Add the fried tofu, soy sauce, and salt. Mix and cover. Cook on slow fire for 10 minutes. Add the mushrooms and soup water. Season to taste. Add coconut and cook until tender, then the green and red pepper and kinchay. Serve hot.

### Patani

2 cups patani  
1/4 cup onion  
1/4 cup tomatoes  
1/2 cup sweet potatoes  
4 tablespoons oil  
3 tablespoons atsuwete water  
1/2 cup sweet pepper  
2 tablespoons crushed garlic  
1/2 cup stock broth  
Salt  
1 teaspoon vetsin  
2 eggs

Cut sweet potatoes into cubes, then fry. Saute the garlic. Add the onion, then the tomatoes and the broth. Add the cooked patani, sweet potatoes and sweet pepper. Mix in the atsuwete water. Simmer for 5 minutes. Season with salt and vetsin. Place on a platter and top with boiled eggs, cut into fine slices.

### Pinacbet

4 small ampalaya  
4 medium eggplants  
3 tomatoes  
1 onion  
4 tablespoons soy sauce  
Ginger  
5 pieces okra  
Salt to taste  
1 teaspoon vetsin



Prepare the vegetables by cutting the ampalaya and eggplants into 4 pieces each. Place in a saucepan, then put the okra, the sliced tomatoes, the onion, and the ginger cut into fine pieces. Add the soy sauce. Boil. Add 2 tablespoons oil, and vetsin to season. Cook until vegetables are tender but not overcooked.

### Sauteed Mongo

- 2 cups boiled mongo beans
- 3 tablespoons oil
- 4 tablespoons garlic
- 4 tablespoons onions, chopped
- 1/2 cup tomatoes
- 1 cup malunggay  
or ampalaya leaves
- Salt to taste
- 1 teaspoon vetsin

Boil the mongo. When soft, remove from pan and set aside. Saute the garlic until light brown, add the onions, tomatoes and leaves, then add the boiled mongo. Add 1 cup of water. Season with salt and vetsin. Let it boil till done. Serve hot.

### Sauteed Togue (Mongo Sprouts)

- 1/2 cup tokwa
- 2 cups mongo sprouts
- 1 tablespoon minced garlic
- 1/2 cup water
- 2 tablespoons chopped onions
- 1 teaspoon salt
- 1 teaspoon oil
- 1/2 teaspoon vetsin

Saute the garlic, onions. Add the tokwa. Saute it until golden brown. Add the mongo sprouts. Cover and cook for a few minutes, before adding the water. Season with salt and vetsin. Let it boil till done. Remove from fire. Serve hot.

### Sinigang

- 4 pieces tamarind
- 6 cups rice washing
- 1 small onion, sliced
- 2 medium eggplants, sliced
- 1 tablespoon ginger, crushed
- 4 cups kamote tops
- Salt
- 1 teaspoon vetsin

Boil tamarind in 1 cup rice washing. When soft, mash fruit. Strain and add the remaining rice washing. Cover and bring to a boil. Add onion, tomato, eggplants and ginger. Cover and cook 5 minutes. Add kamote tops and cook 4 minutes more. Serve hot. Makes 6 servings.

### Chayote Delight

- 1 tender chayote, sliced 2" by 4"
- Slices of cheese, same length
- Eggs, well-beaten
- Bread crumbs

Put a slice of cheese between two slices of chayote. Dip in egg or egg batter and then roll in the bread crumbs. Fry in deep hot oil.

### Sotanghon

- Oil enough to saute garlic
- 2 cloves garlic
- 1 onion
- 4 pieces dried mushrooms (soaked in water)
- 3 pieces tokwa (fried and sliced)
- 1 cup sprouted mongo
- 2 cups sotanghon
- 1 tablespoon kinchay
- 2 cups water
- Vetsin
- Salt
- 1 tablespoon soy sauce



## Christmas Dinner

Merry Berry Cooler  
 Stuffed Cabbage in Tomato Sauce  
 Squash with Coconut Milk  
 Green Beans  
 Rice Pilaf with Mushrooms  
 Lime Jello Salad  
 Banana-Strawberry Pie  
 with Whipped Cream

Saute garlic, onion and add the mushrooms, tokwa and soy sauce. Cover and simmer for few minutes. Add the sprouted mungo. Mix and add water. Allow to boil for five to ten minutes, add the sotanghon. Add the kinchay, and vetsin and salt to taste.

## Squash Ukoy

1 cup shredded squash (raw)  
 1 tablespoon green onions, minced  
 1 tablespoon red and green pepper, minced  
 1 egg, well-beaten  
 1 teaspoon vetsin  
 Salt to taste  
 Crumbs or flour to bind

Mix all ingredients. Form into balls and fry.

## Squash With Coconut Milk

1/4 regular sized squash  
 2 cups thick coconut milk  
 1/2 onion, sliced  
 4 cloves garlic  
 2 teaspoons salt  
 3 tablespoons oil  
 Salt to taste  
 1/2 teaspoon vetsin

Pare the squash and cut into cubes. Grate the coconut and extract 1 cup thick coconut milk. Extract again another cup for cooking. Saute the garlic and onions. Add the squash and the second coconut milk. Cook until done. When almost dry add the thick coconut milk and stir. Let it simmer and take it from fire.

## Stuffed Cabbage in Tomato Sauce

1/4 kilo gluten  
 1 cup cooked onion  
 1/2 cup mushrooms  
 3 tablespoons finely sliced green pepper  
 1 egg  
 12 cabbage leaves  
 1/4 cup broth  
 1/2 teaspoon vetsin

Mix gluten, rice, onions, salt, pepper, vetsin and egg. Skim off the thickest part. Divide the mixture into 12 portions. Wrap each portion in the leaf and fasten each with a toothpick. Brown the cabbage in oil. Mix tomato sauce and broth, add the stuffed cabbage. Cover and cook slowly.

## Tinola

2 beaten eggs  
 White squash cut into small pieces  
 Onion  
 Ginger  
 Garlic  
 3 potatoes  
 Salt  
 1 teaspoon vetsin

Saute garlic, ginger and onion and add the beaten eggs. Cut into pieces. Add enough water to cook



the potatoes and the squash; cook until soft. Season with salt and vetsin. Serve hot.

### Vegetable Medley a la Corona

1/4 cup squash, cut thinly in strips  
2 inches long and 1/2 inch wide  
1/4 cup sweet potatoes (same cut)  
1/4 cup chayote (same cut)  
1/4 cup eggplant (same cut)  
1/4 cup young jackfruit, boiled  
(same cut)  
1/2 cup onion rings

#### Egg dough:

2 eggs, well-beaten. Add 1/2 cup water, salt, vetsin, and pepper. Add flour to form a soft dough.

Dip each slice in egg dough and fry in deep hot oil. Drain, arrange in a platter. Top with sweet-sour sauce or any sauce desired.

### Vegetable Ukoy

1 cup shredded green papaya  
1 tablespoon green onions, chopped  
1 tablespoon red pepper, chopped  
1/2 cup ground or chopped gluten  
Vetsin, salt, pepper  
1 or 2 eggs, beaten  
2 tablespoons flour

Mix all ingredients. Drop by spoonful and fry in hot fat till brown. Serve with kalamansi juice-

### Buffet Featuring Philippine Foods

Gluten Adobo with Coconut Milk	
Arroz a la Filipina	
Spring Rolls	Pancit Guisad
Squash Ukoy	Kari-kari
	Ubod Salad
Buko-Fruit Cup with Mint Sherbet	
Espasol	Tamales
Kalamay Pinipig	Suman
	Cereal Coffee

garlic sauce.

#### Variation:

Squash, potatoes, green banana, kamote, or gabi may be used instead of green papaya.

### Zippy Glazed Carrots

2 tablespoons butter  
1/4 cup brown sugar  
1/4 teaspoon salt  
3 cups sliced, cooked carrots  
1 tablespoon minced celery

Melt butter in skillet. Stir in brown sugar, and salt. Add cooked carrots. Heat, stirring constantly till carrots are nicely glazed. Sprinkle with celery.



## Chapter Ten

# Salads Supreme



Here is where  
the kitchen artist can  
show her talent!

### Asparagus Salad

6 leaves of head lettuce  
18 stalks cooked asparagus  
6 green peppers, cut  
1 cup cooked sliced carrots  
1/4 cup diced celery  
1 teaspoon salt  
1 cup mayonnaise  
Vetsin to taste

Arrange lettuce on a salad plate. Place asparagus tip on lettuce leaves. Mix the pepper, cooked carrots, celery, salt and mayonnaise. Surround the asparagus tips with the mixture. Sprinkle paprika on top and serve.

### Bamboo Shoots Salad

2 cups bamboo shoots  
1 cup sweet potato, boiled  
3 tomatoes  
1 onion, chopped  
French dressing  
Salt and vetsin to taste

Boil the bamboo shoots and sweet potatoes separately. When done, press the bamboo shoots with your hands to remove water. Cut sweet potatoes into cubes. Mix with bamboo shoots and add salt. Top with French dressing and season with vetsin. Garnish with tomatoes and onions.



### Coleslaw

1/2 medium head of cabbage  
1 cup mayonnaise  
1/4 teaspoon salt  
Tomato wedges

Cone and shred cabbage very fine. Crisp in a bowl with ice cubes for 10 minutes. Drain on 2 clean dry towels. Add salt and just enough mayonnaise to moisten. Toss with a fork and garnish with olives.

### Cauliflower Salad

1 small cauliflower head  
1/2 cup French dressing  
1 teaspoon salt  
1/2 cup grated cheese  
Lettuce

Soak cauliflower in cold salted water. Rinse in cold water, then separate into flowerettes. Cook in rapidly boiling salted water, uncovered for 5 or 6 minutes or until tender. Drain, cool, and pour French dressing over cauliflower; allow to stand half an hour in refrigerator. Add cheese; toss thoroughly. Serve chilled on crisp lettuce leaves.

### Egg Rice Salad

1/4 cup minced green onions  
6 hard-cooked eggs, chopped  
1 cup diced celery  
1/4 cup diced cucumber pickles  
2 cups cold cooked rice  
3/4 cup mayonnaise  
Salt and vetsin to taste

Combine onions, eggs, celery, pickles, rice, mayonnaise, salt and

vetsin. Chill. Serve on crisp lettuce, garnished with salad greens, tomato wedges and radish roses. Stuffed olives may be used in place of cucumber pickles. Makes 6 servings.

### Cucumber-Vegetable Salad

Cut and hollow cucumber and fill with potato or vegetable salad.

### Emerald Clock Salad

2 medium sized cucumbers  
2 cans sliced pineapple  
1 bunch kinchay  
1 cup mayonnaise  
2 medium sized carrots  
2 sweet red peppers  
2 bars of gulaman  
4 cups water  
Salt and vetsin to taste

Choose fresh green cucumbers, about 1 inch in diameter. Pare and cut 13 round slices of the cucumber. Scallop the edges with a vegetable cutter or knife. Drain the pineapple and divide 6 of the slices to make 12 scallops for the edge of the emerald clock; cut up the rest of the pineapple; scrape and grate the carrots.

Dissolve 2 sticks of gulaman in 4 cups boiling water and add kalamansi juice. Pour on the sliced cucumber, carrots and sliced pineapple. Season with salt and pepper. Add 5 drops of green coloring to the gulaman mixture, then pour into a round gelatin mold. Set to cool.

When ready to serve, unmold on a round platter; garnish the emerald clock with the cucumber slices. Use thin, red pepper strips for the hour and minute hands







and numerals around the clock. Arrange the pineapple halves around the border of the clock with celery leaves at the center of each slice. Serve with mayonnaise or any desired salad dressing.

### Green Bean and Celery Salad

- 2 cups green beans, cut in halves lengthwise
- 1 hard-cooked egg, diced
- 2 tablespoons cut radishes
- 1 tablespoon lemon juice
- 1/4 cup mayonnaise
- 2 tablespoons chopped sweet pickles
- 1 cup boiling water
- 1/2 teaspoon salt
- 1/4 cup sliced celery
- Lettuce
- Vetsin to taste

Boil the green beans for 7 minutes, chill in liquid, then drain. Add remaining ingredients and toss gently to coat with mayonnaise dressing. Serve immediately on a bed of crisp lettuce.

### Kangkong-Tomato Salad

- 2 cups kangkong, steamed
- 2 big tomatoes, sliced
- 1/2 cup malunggay leaves, steamed
- 2 sweet red and green peppers
- 1 cup shredded singkamas
- 1/2 cup French dressing

Soak ingredients in half of the French dressing for a few minutes and chill if possible. Arrange on a plate, putting kangkong and malunggay mixture at the center, sweet peppers, singkamas and tomatoes alternately. Pour remaining French dressing and serve.

### Katuray Flower Salad

- 3 cups blanched katuray flowers
- 1 onion
- Salt to taste
- 3 tablespoons gluten, fried
- 3 tablespoons French dressing

Remove the unnecessary parts of the katuray flower. Pour hot water and press to remove the water. Arrange on a salad plate and pour French dressing. Garnish with onion and fried gluten strips.

### Potato Salad

- 5 medium pared, cooked potatoes
- 1 teaspoon salt
- 2 tablespoons chopped green onion
- 2 tablespoons chopped pimiento
- 3 hard-cooked eggs
- 1 1/4 cups mayonnaise
- 1/4 cup diced celery

Dice potatoes and sprinkle with the salt. Add remaining ingredients and mix gently. Season to taste with salt and vetsin. Chill two hours. Makes 8 servings.

### Pako Salad

Select young fresh pako tops. Blanch the leaves and press until dry. Put on a salad plate and pour French dressing. Garnish with onions and tomatoes.

**Give rein to your artistic ability in creating attractive salads.**



### Macaroni Salad

2 cups cooked macaroni  
 1 cup chopped celery  
 6 sweet pickles, chopped  
 1 green pepper, chopped  
 3 pimientos, chopped  
 1 cup cheddar cheese, cubed  
 1/2 cup cooked peas  
 Mayonnaise  
 Lettuce

Cook macaroni until tender in boiling salted water. Drain, cut in small pieces.

Measure macaroni after cooking. Add remainder of ingredients. Combine lightly with salad dressing. Serve on lettuce.

### Molded Pineapples

1 can sliced pineapple (drain juice)  
 1 box strawberry gelatin dessert

Boil juice and add gelatin powder. Put back in can and chill till hard. Loosen from can and slice—one sliced pineapple for each slice. Serve on lettuce leaves.

### Molded Vegetable Salad

1 package lemon-flavored gelatin  
 2 cups boiling water  
 1/2 teaspoon salt  
 1 teaspoon grated onion  
 2 cups shredded tender, crisp cabbage  
 1/2 cup grated raw carrots  
 Lettuce  
 Mayonnaise

Dissolve gelatin in the boiling water; add salt, cool and chill. Meanwhile prepare vegetables. When gelatin is slightly congealed, fold in onion, cabbage and carrot. Pour into 3 or 4 cup molds or individual

molds that have been rinsed with cold water and chill until firm. Unmold and serve on lettuce on individual salad plates. Serve with mayonnaise.

### Stuffed Tomato Salad

5 good-sized tomatoes  
 1 cup diced celery  
 1 cucumber, peeled and diced  
 1 tablespoon finely chopped onion  
 1/3 cup mayonnaise  
 Lettuce  
 Salt to taste

Wash the tomatoes, cut the stem end, and scoop out centers. Dice centers and combine with celery, cucumber, onion and enough salt to suit taste. Then fold in the

Stuffed Tomato Salad, using fresh, ripe tomatoes, will be very welcome in warm weather.





mayonnaise. Cover and chill the filling and tomato shell separately. Stuff tomatoes with filling and serve at once on crisp lettuce.

### Tossed Green Salad

- 1 cup lettuce
- 1 cup string beans, cooked and drained
- 1 peeled onion, sliced
- 1 hard-boiled egg, sliced
- 1/2 cup kalamansi juice
- 3 tomatoes
- 2 cups diced, cooked potatoes
- 1/4 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon vetsin

Wash the lettuce, separating the leaves. Arrange in salad bowl. Arrange alternate layers of string beans, tomatoes cut in eights, potatoes and onion. Thoroughly toss the salad with a dressing made by beating together with fork the remaining ingredients, garnish with hard-cooked eggs.

### Buko-Mango Salad

- 3 ripe mangoes
- 1/2 cup finely chopped sliced onion
- 1 cup mayonnaise
- 1 cup cream or chilled evaporated milk
- 1 stick white gulaman
- 1 1/2 cups water
- 1/4 cup sugar
- Salt
- 1 cup shredded buko (young coconut)

Cut the meat of the mangoes into cubes or scoop with potato baller. Shred the buko. Mix and season with salt and sugar (about 1 teaspoon salt and 1/3 cup sugar) according to taste. Beat the cream

with 1/2 teaspoon salt and 1/4 cup sugar. Cool in refrigerator. Meanwhile, cook the gulaman with 1 1/2 cups water and 1/4 cup sugar. When the gulaman is ready, mix the mayonnaise and the cream in the mango mixture, then pour the gulaman. Mix well. Pour this mixture into a mold. When set, put on a platter and garnish with red cherries and parsley. If the cherries are not available, red gulaman may be prepared as a substitute (the mango can be substituted with other fruits).

### Honeydew Salad

- 1 3-ounce package lemon or lime-flavored gelatin
- 1 cup hot water
- 1 cup cold water
- 2 teaspoons lemon juice, fresh, frozen, or canned
- 1 cup honeydew melon balls

Dissolve gelatin in hot water. Add cold water and lemon juice. Let stand 10 to 15 minutes, then strain. Chill till slightly thickened. Add melon balls. Pour into 2 1/2 cups melon mold. Chill until firm. Unmold onto ruffle or lettuce. Garnish platter with watercress, if desired. Makes 4 to 6 servings.

### Lime Jello Salad

- 1 box lime gelatin dessert powder
- 1 cup nuts
- 1 small size package cream cheese
- 1 cup crushed pineapple

Dissolve gelatin powder in 1 cup boiling water. Slowly blend softened cream cheese into gelatin. Add nuts, pineapple (drained) and pour into mold. This may be used



as dessert with a serving of whipped cream, or as a salad it may be garnished with avocado slices or with other things as desired.

### Chilled Pineapple Salad

- 1 cup pineapple juice
- 2 tablespoons flour
- 1/2 cup butter
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 2 tablespoons lemon juice (or kalamansi juice)
- 4 slices pineapple
- 2 oranges
- 1/4 cup nuts
- 10 marshmallows
- 8 maraschino cherries
- 2 cups whipped cream (or other whipped topping)

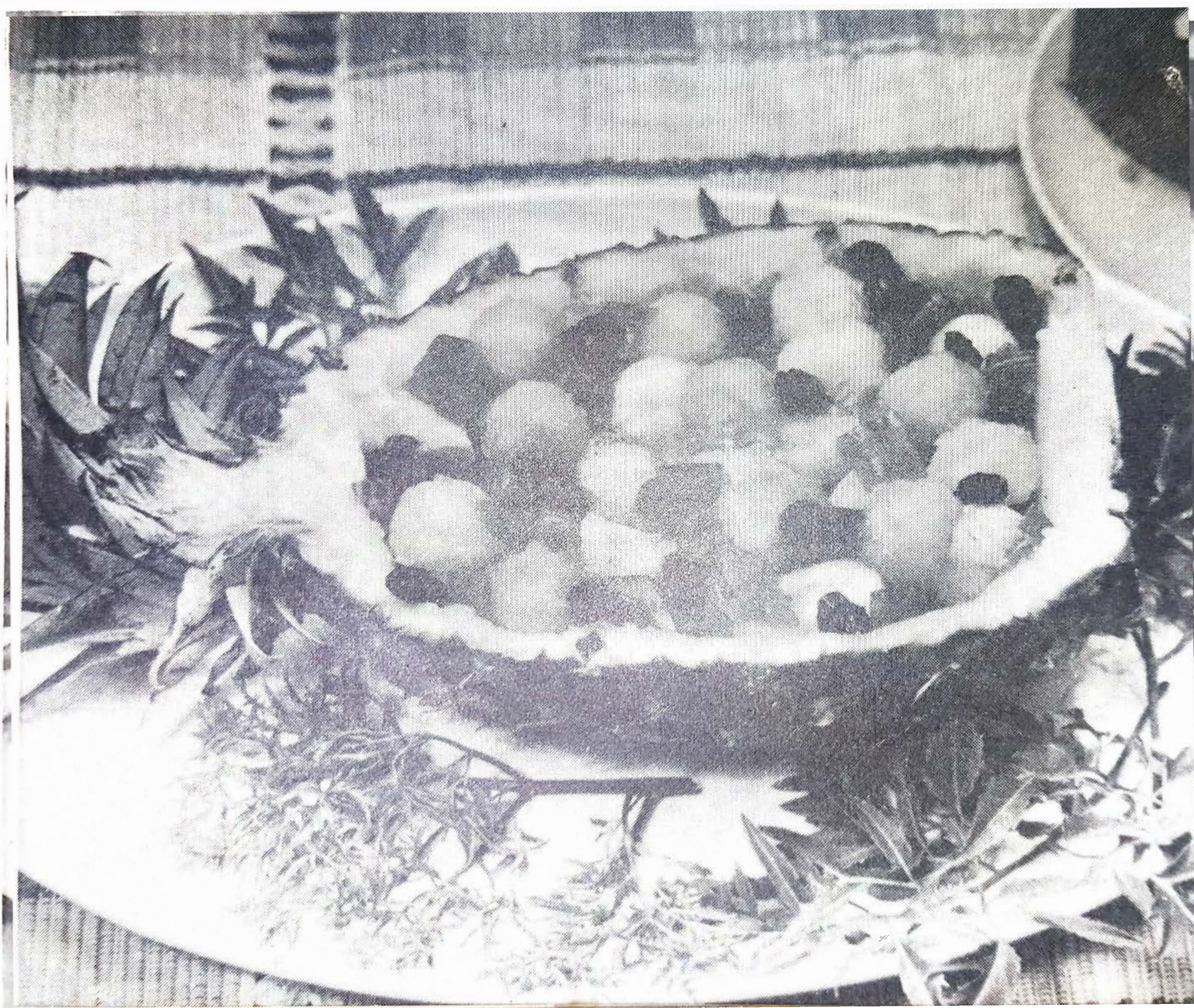
Make a paste of flour and a little pineapple juice. Add remainder of juice gradually. Add butter, sugar and salt; cook in top of double boiler for 10 minutes. Add beaten egg and cook longer with constant stirring. Cool; add lemon juice, pineapple, oranges, nuts, marshmallows, and cherries. Fold in whipped cream. Put in refrigerator and freeze. Makes 4-6 salads.

### Ubod Salad

- 2 cups ubod, sliced fine
- 6 tablespoons mayonnaise dressing

Marinate the ubod with French dressing. Before serving, remove from the dressing, strain, place in a salad bowl and on top put mayonnaise dressing.

When pineapples are plentiful, try a variety of ways of serving them. This is a pineapple fruit cup.







Luscious fruit provides a welcome salad in any kind of weather.

### Frozen Fruit Salad

- 1 tablespoon (1 envelope) unflavored gelatin
- 1/4 cup cold water
- 2 cups fruit cocktail
- 1/2 cup mayonnaise
- 1 cup heavy cream, whipped (or whipped topping)
- 1/3 cup maraschino cherries

Soften gelatin in cold water and dissolve over hot water; cool slightly. Add fruit cocktail with syrup. Fold in whipped cream and mayonnaise and pour into refrigerator tray. Place cut cherries on top and freeze until just firm. May be chilled in molds until firm instead of being frozen. Makes 6 servings.



## Chapter Eleven

# Delicious Dressings



“Variety is the spice of life”  
—and a variety of dressings  
demonstrates the  
versatile cook

### Thousand-Island Dressing

- 1 cup mayonnaise (cooked salad dressing may be used or sour cream)
- 1 tablespoon minced onion
- 1 tablespoon minced dill or sweet pickle
- 1 tablespoon minced beets
- 1 tablespoon chopped green pepper
- 1 tablespoon minced pimiento
- 1 tablespoon minced parsley
- 1 tablespoon hard cooked egg

Add all or any combination of the last six ingredients to the mayonnaise. Do not omit the beets—they give a lovely color to the mixture, and delicate flavor. Many times a good dressing may be made by using only two or three of the suggested ingredients. Learn to improvise!

### Cooked Salad Dressing (Mayonnaise when sugar is omitted)

- 3 tablespoons flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/8 teaspoon paprika
- 3/4 cup water
- 1/4 cup lemon juice
- 2 tablespoons butter
- 2 whole (or 4 yolks) eggs, beaten

Mix dry ingredients with enough water and 1 tablespoon lemon juice to make a paste. Combine mixture with remaining lemon juice and water. Bring to boil and let boil 5 minutes or may be cooked 10 minutes in double boiler without having to be stirred. Remove from flame, add eggs, stirring to com-



bine thoroughly. Return to fire and cook until egg thickens, stirring constantly (about 2 minutes). Add butter. Makes about  $\frac{3}{4}$  cup of smooth dressing of the consistency of thick white sauce, without starch flavor, tart and well-seasoned.

**Variations:** May be thinned with cream or folded into whipped cream.

### Fruit Salad Dressing

2 tablespoons butter  
2 tablespoons flour  
1 cup sour cream  
1 cup sweet cream  
Juice of 1 lemon (or kalamansi)

Melt butter, add flour, and cook slightly. Add sour cream and cook a few minutes longer. Cool. Add sweet cream and lemon juice. Makes about 2 cups.

Almost any salad can be improved by the right kind of dressing.

### Sunshine Dressing

$\frac{1}{2}$  cup pineapple juice  
3 tablespoons lemon juice (or kalamansi juice)  
 $\frac{1}{4}$  cup orange juice  
1 teaspoon butter  
2 tablespoons sugar  
2 teaspoons cornstarch  
1 egg yolk, beaten  
 $\frac{1}{8}$  teaspoon salt  
Whipped cream

Place fruit juices and butter in saucepan. Bring to boil. Add sugar and cornstarch (made smooth with a little water) and beaten egg yolk to juices. Let thicken and add salt. Use 1 part whipped cream to 2 of above mixture. Makes about 1 cup.

### Creamed Fruit Dressing

1 3-ounce package cream cheese  
1 tablespoon lemon juice  
3 tablespoons currant jelly  
 $\frac{3}{4}$  cup heavy cream, whipped (or whipped topping)

Blend cream cheese, lemon juice and currant jelly. Add whipped cream and mix. Chill. Makes 1  $\frac{1}{2}$  cups.



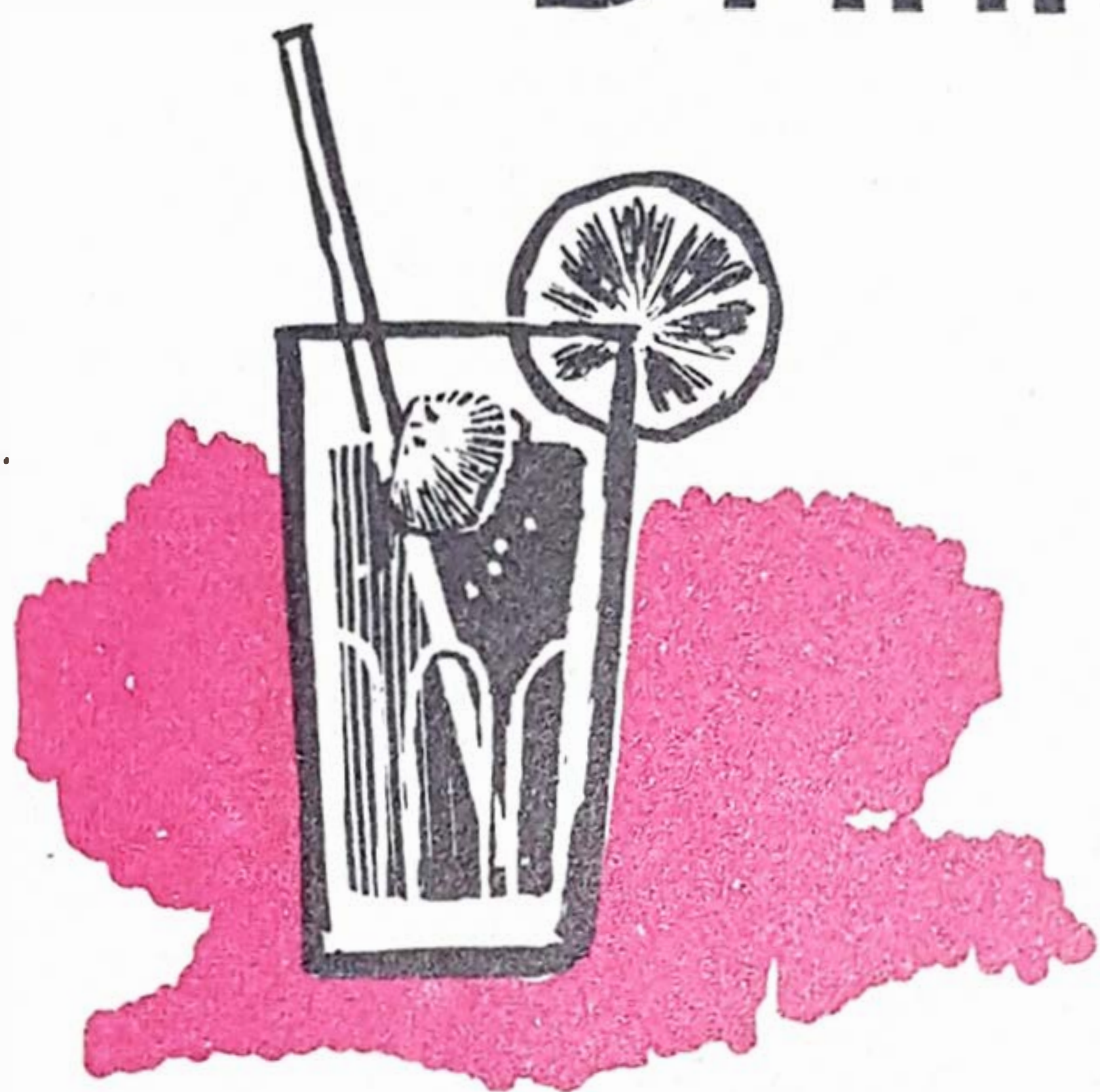






## Chapter Twelve

# Drinks that Refresh



Quick drinks you can make  
at home to quench  
a big thirst

### Golden Punch

1/2 cup kalamansi juice and 1/2 cup  
sugar (or 1 can frozen lemonade  
concentrate, (omit sugar)  
3/4 cup cold water  
2 cups orange juice  
1 cup canned cold apricot nectar  
1 cup ginger ale

Mix well. Makes 8 glasses.

### Fruit Sherbet Freeze (Orange-Lime-Pineapple)

If lime, lemon or orange sherbet is available in packages, place one quart in a pitcher and pour four bottles of very cold lemon-lime drink (7-Up, ginger ale, etc.) over it and stir until sherbet is partly melted and drink is thick. Serve immediately, or may be placed in cold place in refrigerator for a short period of time. Orange soda is very good with the orange sherbet.

#### Variation:

Place one or two scoops of sherbet or vanilla ice cream in a glass and pour cold drinks over it. Root Beer (Sarsaparilla) is good over the vanilla ice cream, or 7-Up, etc., also may be used.

**Pineapple-Banana Breeze lives up  
to its name in a cool, refreshing  
beverage.**



**Lime Twinkle**

1/2 cup kalamansi juice or lime juice  
 3/4 cup sugar  
 2 cups water

Combine juice, sugar, and water. Stir to dissolve sugar. Chill. Just before serving pour over ice cubes into 6 glasses. Finish filling glasses with carbonated water or lemon-lime drink. Plain water may be used. Sweeten to taste, if necessary.

**Merry-Berry Cooler**

1/2 package raspberry or strawberry-flavored drink powder  
 1/2 package grape-flavored powder  
 3/4 cup sugar  
 4 cups water  
 1/2 cup orange juice (or pineapple)  
 1/2 cup kalamansi juice or lemon, fresh, frozen or canned  
 1/2 cup crushed pineapple, fruit cocktail or strawberries or maraschino cherries

Dissolve powders and sugar in water. Add juices and pineapple. Chill thoroughly. Serve in frosted glasses (twirl 1/2 inch of rim in lemon juice, then in granulated sugar). Makes 2 1/2 quarts.

**Pineapple-Banana Breeze**

Pour 2 tablespoons lemon or kalamansi juice (fresh, frozen or canned) over 1 banana and mash with a fork. Add 2 cups pineapple

juice and beat with beater or in blender until well mixed. Serve over crushed ice in 3 tall glasses.

**Twinkling Fruitade**

Prepare one 1 ounce package each of orange, lime and cherry-flavored drink powder. Mix each package with 2/3 cup sugar; dissolve in 1 quart water. Pour each kind into separate ice cube tray. Freeze. To serve, place 1 cube of each flavor in a tall glass; pour chilled lemon-lime carbonated beverage over ice to fill glass. A nice variation is to add a tablespoon of fruit cocktail on top of ice cubes, or a couple of maraschino cherries to float down or stay on top. Other fruits may be used, also, strawberries, raspberries, etc.

**Zombie**

1 banana  
 1 mango  
 1 slice papaya (medium)  
 Lime juice to flavor, or orange juice  
 1/2 cup coconut milk—1/2 cup coconut cream

Scrape out the pulp of the ripe mango. Mash the banana and papaya. May be mashed through a sieve or beat vigorously with an egg beater until the texture of the mixture is smooth. To 2/3 cup of mixture add 1/3 cup water, or more if desired. Then add lime juice and sugar to taste.



## Chapter Thirteen

# Breads and Pastries



Just a little practice can make  
you an expert with all kinds  
of breads and pastries

### Making Rolls and Bread

Fragrant, crusty homemade bread and rolls are easy to make with modern yeast. Actually, yeast rolls, especially the type that is made without kneading or shaping, are simpler and easier to make than baking powder biscuits. If you are a beginner, start with Feather Rolls, Raised Whole-Wheat Muffins and Brioche. As your courage and experience increase, you can make Hot Rolls, Sweet Rolls and Coffee Cakes, for these delicious breads rise quickly and are easy to watch. When you feel confident in judging the amount

of flour to use and the time dough needs to rise, you will be ready to try that triumph of all baking—a handsome loaf of bread.

Since bread-making is a somewhat lengthy process, it will be better to make the full amount in the recipes even if your family is small. You can divide the dough and make it up in several different ways—part for a loaf of bread, part for tiny rolls or sweet buns, and part for a coffee cake. Bake them all at once and store them in the freezer. Reheat the stored breads just before you serve them so that they will taste fresh-baked. Frost sweet buns and coffee cakes after they have been reheated.





The secret of good bread is in the kneading and timing. A little practice will earn many compliments for the cook.

## Ingredients for Homemade Bread

**Yeast** is a living plant which needs warmth and moisture to grow. Dry yeast and yeast cakes are equally satisfactory. Dry yeast may be kept on the pantry shelf, but yeast cakes must be stored in the refrigerator and only for a limited time.

To soften yeast so that it will blend evenly with the dough, sprinkle or crumble it into lukewarm (110° F.) water or milk and allow to stand a few minutes while the other ingredients are measured. If the liquid is too cold, the yeast will not grow. If it is too hot, the yeast will be killed.

The standard amount is 1 package of compressed yeast or 1 tablespoon dry yeast to each 2 cups of

liquid in the recipe. This makes bread which is finished in 5 hours with two risings, or about 3 1/2 hours with one rising. To complete bread in 3 hours (or in 2 1/2 hours with one rising), use 2 tablespoons of yeast. To raise bread overnight, use only 1/4 tablespoon of yeast. Using the larger amount of yeast does not give bread a "yeasty" taste—overrising does.

For perfect rolls and bread, the yeast must be allowed to grow just the right amount. See below for the description of this process.

**Flours** rich in gluten make the best bread because gluten makes the dough strong and elastic and able to expand with the growth of the yeast and the bubbles it makes. Bread flour is richest in gluten, but all-purpose flour is widely used and is quite satisfactory. Other flours, such as rye or



buckwheat, need to be combined with wheat flour to make good bread. One secret of making deliciously tender rolls and bread is to use as little flour as you can and still be able to handle the dough.

**Milk** or **potato water** makes bread of better flavor than plain water. The bread browns better, keeps fresh longer and is more nutritious. If you use raw milk, scald it to destroy the enzymes which may affect the action of the yeast.

Shortening makes bread more tender and adds to its flavor and keeping quality. Use butter, or any bland-flavored cooking oil or fat. If the mixture is especially rich, with eggs or more shortening, the action of the yeast is slower.

**Sugar** makes the dough rise more quickly and helps the crust to brown, but too much sugar slows the action of the yeast.

**Salt is added for flavor.** It slows the action of the yeast somewhat, so if you are making salt-free bread, remember that it will rise more rapidly.

### Improving the Food Value

Use unbleached or enriched flour. Replace part of the flour with soy flour. Buy in small quantities and store in a cool place. Add more protein, minerals and vitamins to any recipe by using some brewer's yeast, toasted wheat germ and dry skim milk. See also the special recipe for Cornell Bread.

### Mixing Dough

Thorough mixing at the start is important so that the yeast will be evenly distributed and the strength

of the gluten in the flour developed. Beating in the flour with an electric mixer or a strong rotary egg beater is very successful. Add the flour a little at a time until the dough is too stiff to beat. Then remove the beater and scrape the dough from the blades. If you are making a soft dough, add the rest of the flour and beat with a wooden spoon until thoroughly blended. If you are making a firm bread dough, add the rest of the flour and turn the dough out onto a pastry cloth and knead it.

### Kneading Dough

Watching an experienced person is the quickest way to learn to knead. But you can teach yourself by following directions carefully.

Dust the board very lightly with flour. Turn the ball of dough out onto the board. Cover it with an inverted bowl. Let it "rest" 10 minutes to make the dough easier to work with. Rub your hands lightly with melted shortening. Fold the ball of dough, double, then push it lightly and quickly away from you, using the "heel" of your hands. Pull it toward you again with your finger tips. Repeat these two motions, turning the dough as you work, until the surface is smooth and elastic (5 to 8 minutes). When the dough is light enough, you can hold the palm of your hand on it for 30 seconds without having the dough stick to your hand.

### Raising Dough

The time is based on dough made with 1 package of yeast to 2 cups of liquid.

Use a mixing bowl which will hold three times the bulk of the dough. Grease the mixing bowl



lightly, put in the ball of kneaded dough, and turn it so that the top is greased. Cover with a clean, slightly damp cloth. Set in a warm place (80°-85° F.), and let rise until doubled in bulk (about 1 1/2 hours). If your oven has a pilot light, it will be warm enough. The purpose is to keep the dough itself at 75° to 85° F., the temperature at which yeast grows best. A higher temperature kills the yeast and a low temperature retards growth. You may insert a dairy or bath thermometer into the dough in order to watch the temperature precisely.

For perfect bread it is important to let the dough rise exactly the right amount. If you let it rise too long, the bread will be full of large holes; if not long enough, the bread will be heavy and soggy. To test it, press your finger into the dough. If the dent remains, the dough is just right. If the dough rises before it is convenient for you to shape it, punch it down and let it rise again or store it in the refrigerator. Chilling the dough does no harm.

To punch down: When the dough has risen long enough, punch it down with your fist to let some of the gas escape and let fresh oxygen reach the yeast. Fold the edges toward the center. Put the dough on a floured mixing board and slap it hard to force out all the gas.

To make bread of very fine grain, put the dough back into the greased bowl, turn it so that the top is greased, and let it rise again (about 1 hour with 1 tablespoon of dry yeast, 30 to 45 minutes with 2).

Shaping and baking rolls and bread: Directions vary according to the type. See the individual recipes for details.

## Reheating Rolls

Heat in a bun warmer or in the top part of a double boiler over hot water. Or put in a paper bag, sprinkle very lightly with water, close the bag tightly and set in a 400° F. oven for 5 minutes.

## Feather Rolls

These light and delicate rolls are very easy and quick to make and require no kneading or shaping. Try them for a Sunday brunch or supper.

Put in a mixing bowl

1 cup warm milk (not hot)

1 tablespoon dry yeast

Let stand 5 minutes. Stir well.

Add

4 tablespoons soft butter or oil

2 tablespoons sugar

1/2 teaspoon salt

1 egg

Beat with a rotary egg beater or electric beater until the ingredients are thoroughly blended.

Add

2 cups all-purpose flour

Continue to beat as long as possible, then finish mixing with a spoon. Cover the bowl, set in a warm place and let rise for about 45 minutes.

Stir down the batter and fill buttered muffin pans a little more than half full. Let rise in a warm place until the pans are full (about 30 to 45 minutes). Bake 15 to 20 minutes at 400° F. Makes 8 to 12 rolls.

**Grilled Muffins.** Put buttered muffin rings on a hot greased griddle. Fill half full with the mixture and cook slowly until well risen and browned underneath. Turn the muffins and rings over and brown the muffins on the other



side. Watch carefully and adjust the heat so the muffins do not brown too quickly.

**Crumpets.** Omit the sugar and egg and increase the butter to 1/2 cup. Cook like Grilled Muffins (above).

### Sour Cream Rolls

Put in a mixing bowl:  
1/4 cup warm (not hot) water  
1 tablespoon dry yeast  
Let stand 5 minutes and stir.

Add  
1/4 cup melted butter or oil  
2 tablespoons sugar  
1 teaspoon salt  
1 egg  
1 cup sour cream  
Beat thoroughly. Beat in  
3 cups sifted flour (about)

Add a little more flour if needed to make the dough stiff enough to handle. Grease the top lightly with Melted butter or oil

Cover the dough and let rise until light and nearly double in size (about 50 minutes).

Put on a floured board, pat to 1/2 inch thick. Cut and shape in any of the ways suggested. Let rise and bake at 375° F. about 20 minutes. Makes about 36 small rolls.

### Raised Whole-Wheat Muffins

Enriched with added protein and so just right with fruit salad as a complete luncheon. As a variation, add 1/2 cup chopped apple or chopped nuts or both.

Put in a mixing bowl  
1/2 cup warm water (not hot)  
2 tablespoons dry yeast  
Let stand 5 minutes. Stir well.

Add

1 cup warm milk (not hot)  
3 tablespoons dark molasses  
1 egg  
3 tablespoons melted butter or salad oil

Beat well. Sift together  
1 cup whole-wheat flour  
1/3 cup powdered milk  
1 teaspoon salt

Stir into the yeast mixture. Stir in

1/2 cup wheat germ

When ingredients are blended well, spoon into 12 large greased muffin tins, filling them half full. Let rise until doubled (about 40 minutes). Bake about 20 minutes at 350° F. Makes 12.

### Brioche

A touch of Continental elegance for Sunday breakfast or a morning or afternoon coffee party. The distinctive texture of brioche is due to its rising twice, once in the refrigerator.

Put in a mixing bowl

1/2 cup lukewarm milk (not hot)  
1 tablespoon dry yeast

Let stand 5 minutes. Stir well.

Add

1/2 cup butter or salad oil  
1 egg  
2 egg yolks  
1/4 cup sugar  
1/4 teaspoon salt  
1/4 teaspoon lemon extract or cardamon seeds  
1 1/4 cups all-purpose flour

Beat thoroughly. Let the dough rise in the bowl for 3 hours. Stir down, chill in the refrigerator overnight or at least 3 hours. Butter heavy muffin pans and fill one-third full. Let rise until double in bulk. Bake about 15 minutes at 375° F. Makes 20.



**Hot Rolls**

The basic recipe from which you can make many different types of rolls and buns according to the way they are shaped and seasoned.

Put in a mixing bowl

1 cup lukewarm milk

1 tablespoon dry yeast

Let stand 5 minutes. Stir. Add

2 tablespoons soft butter or margarine

1 tablespoon sugar

1 teaspoon salt

Mix in gradually

2 1/2 cups all-purpose or bread flour

Beat thoroughly 5 minutes, or 2 minutes with an electric beater on slow speed. Add enough more flour to make the dough just barely firm enough to handle.

Knead. Shape immediately in any of the ways suggested below, or let rise about 1 hour before shaping. The second rising makes rolls of finer grain, especially if you are using bread flour. Arrange in buttered pans. Brush with melted butter. Cover with a clean dish towel. Let rise until double in bulk (about 1 hour). Bake at 425° F. until well browned (12 to 20 minutes.) Makes about 18.

**Shaping Rolls and Biscuits**

Roll out the dough evenly with a rolling pin. Instead of making all the dough into rolls, you may prefer to make part of it into a small loaf of bread. To make rolls with plenty of crust, place them on the baking sheet with space between.

**Biscuits.** Roll about 1/2 inch thick. Cut with a small round cutter. If you prefer, shape the dough into a long thin rope and cut off small pieces. Fold the ends under to make smooth balls.

**Cloverleaf Rolls.** Shape bits of dough into 1-inch balls. Put three in each muffin tin.

**Parker House Rolls.** Cut with a special oval or round cutter. Let cut-out rolls "relax" on the board for 10 minutes. Crease through the center with a floured knife handle. Brush with melted butter and fold double.

**Almond Wreaths.** Shape like Finger Rolls in 6-inch lengths. Curve into rings. Brush with melted butter, then dip the upper surface in almonds, blanched, chopped and seasoned with salt.

**Butter Rolls or Fantans.** Roll the dough into a rectangle about 12 by 16 inches. Spread with softened butter. Cut in strips 2 inches wide. Stack evenly in a pile. Cut in 1-inch pieces and fit into buttered muffin tins.

**Pinwheel Biscuits.** Prepare Hot Roll dough. Roll 1/4 inch thick. Spread with softened butter. Roll up like a jelly roll. Cut in 3/4-inch pieces. Place in a buttered pan cut side down. Bake at 375° F. about 25 minutes.

**Cinnamon Rolls.** After spreading with butter, sprinkle with 1/4 cup sugar mixed with 1 teaspoon cinnamon. Sprinkle with seeded raisins, chopped citron or nuts, if you like.

**Butterscotch Biscuits.** Cream 1/2 cup butter with 3/4 cup brown sugar. Spread part on the dough before rolling it up. Spread the rest in a 9-inch round pan. Brush the sides of the rolls with melted



butter. Place close together in the pan, cut side down. Let rise until double in bulk. Bake. Remove from the pan immediately after baking, before the syrup hardens. Serve butterscotch side up.

**Hard Rolls.** Prepare Hot Roll dough, adding 1 egg white with first 1 1/2 cups flour. Sprinkle a pan with cornmeal and arrange the shaped rolls on it 2 inches apart. Let rise and bake at 400° F. with a pan of boiling water on the shelf beneath the rolls. The oven should be kept steamy throughout the baking time.

**Sesame or Poppyseed Rolls.** Brush unbaked rolls with egg white blended with 2 tablespoons water, and sprinkle with sesame or poppyseed.

**Bread Sticks.** Make Hot Roll dough, adding 2 tablespoons butter and 1 egg white. When ready to shape, roll the dough into a rectangle about 8 by 12 inches. Cut in half lengthwise, then into 16 strips. Roll under the palms of your hands on an unfloured board to make smooth even sticks 8 to 10 inches long. Arrange 1 inch apart on a cooky sheet. Let rise. Bake 5 minutes at 450°, then reduce the heat to 350° and bake 15 minutes. The slower baking makes the sticks crisp and dry.

**Twists.** Tie loosely in knots.

**Salt Sticks.** Add 1 tablespoon salt to Hot Roll dough. Shape and bake like Bread Sticks, but before baking, brush with an egg yolk, slightly beaten and diluted with

1/2 tablespoon cold water. Sprinkle with coarse salt or salt crystals. Bake about 20 minutes at 300° F. until crisp dry.

**Cheese Sticks.** Roll Hot Roll dough, into a rectangle 1/4 inch thick. Spread with butter, sprinkle with flour, and fold from the ends to make 3 layers. Repeat three times and cut in finger-shaped pieces. Arrange on a cooky sheet, cover, and let stand 15 minutes. Bake at 425° F. for 10 minutes. Remove from the oven. Brush the tops with egg white and dip in grated Parmesan cheese seasoned with salt and cayenne. Return to the oven and bake 4 minutes.

**Crescent Rolls.** Divide Hot Roll dough in two parts. Roll each into a 12-inch circle. Spread lightly with soft butter. Cut like a pie into 12 parts. Roll each, beginning with the outer edge. Pull the points and tuck them under so that they will not unroll during the baking. Let rise and bake at 400° F. 12-15 minutes.

**Cinnamon Crescents.** Sprinkle with cinnamon and sugar before baking.

**English Muffins.** Prepare Hot Roll dough especially for English muffins or reserve part of the dough for muffins when you make Rolls, White Bread, French Bread. After the dough has risen, place it on a board sprinkled with cornmeal. Flatten with a rolling pin until the dough is 1/2 inch thick. Cut out 3-inch circles. Chill until ready to cook.

Cook the muffins 15 minutes on a hot griddle, turning several times during the cooking. Serve for



breakfast or tea or as the base for quick pizzas. Dough made with 2 1/2 to 3 cups of flour will make 12 muffins.

**Buttermilk Rolls.** Use buttermilk in place of milk in Hot Roll recipe, sifting 1/2 teaspoon baking soda with the flour. These rolls have a delicious flavor and fine grain. To make richer rolls, use 1/4 cup sugar and 1/3 cup butter. Shape.

### **Twice-Baked Rolls**

These are the popular "brown and serve" rolls to finish baking at mealtime. Store on the pantry shelf for as long as 1 week, in the refrigerator 2 weeks, or in the freezer up to 3 months.

Put in a mixing bowl

3 cups lukewarm milk

2 tablespoons dry yeast

Let stand 5 minutes. Stir well.

Add

5 teaspoons salt

1/4 cup sugar

6 cups flour

Beat as long as possible. Stir in 4 cups flour (about) or enough to be able to knead the dough thoroughly. Let rise until about double in size. Shape like Hot Rolls. Let rise in bulk. Bake 40 minutes at 275° F. Leave in the pans 20 minutes. Cool at room temperature and wrap in plastic freezer bags. Makes 8 dozen rolls. When ready to serve, place on an unbuttered cooky sheet. Bake at 400° F. until brown (7 to 15 minutes according to the size you make).

### **Sweet Rolls**

The basic sweet dough to use for sweet buns and coffee cakes. It is a small recipe. You may like

to double it and put some of the dough in the refrigerator to use another time or bake all of it and put some rolls in the freezer.

Put in a mixing bowl.

1 cup lukewarm milk

1 tablespoon dry yeast

Let stand 5 minutes. Stir. Add

1/4 cup sugar

1 teaspoon salt

1 tablespoon soft margarine or butter

2 eggs

Beat thoroughly with a heavy egg beater or electric mixer. Beat in

1 1/2 cups all-purpose flour

Remove the beater. Let the dough rise about 40 minutes. Mix in about

1 cup flour

Use enough more flour to make the dough just barely firm enough to handle. Cover and chill 1/2 hour in the refrigerator. Knead and shape in any of the ways suggested below, or into tea rings, coffee cake, or rolls. See suggestions for using Hot Roll dough. Arrange in buttered pans. Brush with

Melted butter

Cover with a clean dish towel. Let rise until double in bulk (about 1 hour). Bake at 400° F. until delicately brown (12 to 20 minutes, according to size). Frost with confectioners' sugar moistened with water and flavored with vanilla.

**Sweet French Rolls.** When the rolls are nearly done, brush with an egg white slightly beaten and mixed with 1 tablespoon water and 1/2 teaspoon vanilla. Sprinkle with sugar.

**Cinnamon Buns.** Flavor the dough with 1/2 teaspoon cinnamon. Cut out with a 2-inch cutter.

**Raisin Buns.** Add to Cinnamon Bun



dough 1/4 cup seeded raisins, cut small.

**Hot Cross Buns.** Mark Hot Raisin Buns when they come from the oven with a cross of frosting.

**Orange Rolls.** Use orange juice in place of milk and add 1 tablespoon grated orange peel. Shape like Parker House Rolls. Put in each 1 navel orange section, drained and dipped in sugar. Fold and bake. Frost with orange confectioners' frosting.

For simpler orange rolls, roll out the dough and sprinkle with grated orange rind, roll lightly to press the rind into the dough and cut out small rounds. Dip small sugar cubes in orange juice and press one into each roll. Let rise and bake.

### French Croissants

True croissants are almost as rich as pastry. Serve them for breakfast in Continental fashion or with coffee as an afternoon or evening treat.

Put in a mixing bowl

1 cup lukewarm milk

1 tablespoon dry yeast

Let stand 5 minutes. Stir. Add

1 tablespoon sugar

1 teaspoon salt

1 tablespoon soft butter or margarine

1 cup all-purpose or bread flour

Beat thoroughly. Mix in

1 cup flour

Pat the dough into a ball. Cover the mixing board with

1/2 cup flour

Turn out the dough, rolling it lightly in the flour. Cover with a bowl and let "rest" for 5 minutes. Knead the dough. Place in a greased bowl, cover and let rise un-

til doubled in bulk (about 1 hour). Punch down, cover and chill 1 hour or longer. Cream or wash

1 cup butter or margarine

Put the ball of dough on a slightly floured cloth or board and roll into a rectangle 1/4 inch thick. Spread with 4 tablespoons of the butter and fold from the ends toward the center, making three layers. Turn a quarter way round, pat, roll out as before and again spread with 4 tablespoons butter. Repeat twice. Chill at least 2 hours. Divide the dough in half. Shape like Crescent Rolls or shape half in crescents and chill the other half to make into a coffee cake or cheese squares for another meal.

Place on a cooky sheet. Chill 20 minutes. Bake 10 minutes at 400° F. Decrease the heat to 350° F. and bake 20 minutes longer. Makes 24 crescents or 12 crescents and 1 coffee cake.

### Coffee Cakes or Kuchen

Prepare Sweet Roll dough. After kneading, divide it into two parts and spread in two buttered layer cake tins, or put the whole amount in a shallow pan about 9 by 15 inches, or make half into buns. Spread with desired topping. Let rise until double in bulk about 1 hour. Bake at 375° F. (20 to 25 minutes).

**Apple Kuchen.** After spreading the dough in pans, brush with melted butter or margarine. Pare 5 tart apples and cut in eighths. Press close together into the dough, sharp edge down. Sprinkle with 1/4 cup sugar mixed with 1/2 teaspoon cinnamon and 2 tablespoons currants or seedless raisins. Cover and let rise. Bake 30 minutes at 350° F.







**Raisin Kuchen.** Add to the dough 1/2 cup raisins, cut in pieces. Before baking, brush over with beaten egg and cover with following mixture: Melt 3 tablespoons butter or margarine, add 1/3 cup sugar and 1 teaspoon cinnamon. Stir and add 3 tablespoons flour.

**Cincinnati Coffee Cake.** Mix 4 tablespoons sugar, 1 1/2 teaspoons cinnamon, 1 cup soft stale bread crumbs, 4 tablespoons melted butter or margarine, and 4 tablespoons chopped blanched almonds. Sprinkle over the dough after putting it in the pan.

**Streusel Cake.** Sift 1/3 cup sugar with 1/3 cup flour. Work in 1/3 cup butter or margarine and mix until all is crumbly. Spread over the coffee cake before the last rising, pressing in slightly with fingers.

**Honey Twist.** Add slightly more flour to make the dough firm enough to roll into a long cylinder about 1 inch in diameter. Coil in a buttered 9-inch layer cake tin, beginning at the outer edge and covering the bottom. Cream 1/4 cup butter or margarine with 2 tablespoons honey and stir in 1 egg white and 1 cup confectioners' sugar. Spread over the hot twist after it is baked.

**Christmas Coffee Cake.** Make a roll as for Honey Twist and shape on a cooky sheet like a Christmas tree. Bake. Frost and decorate with colored candles.

**A few simple changes in the basic ingredients can provide a variety of pastries and breads to tickle the palate.**

## Pizza

Put in a mixing bowl

1 cup lukewarm milk

1 tablespoon dry yeast

Let stand 5 minutes. Stir. Add

1 teaspoon sugar

1 teaspoon salt

1 tablespoon shortening

Beat well. Add

1 1/2 cups all-purpose flour or bread flour

Beat until smooth. Add another

1 1/2 cups flour

using enough to make a dough just barely firm enough to handle. Knead until smooth. Divide the dough in thirds. Knead each piece into a ball. Flatten, then pull and stretch gently to fit 9-inch layer cake tins, lightly greased. Press up around the edges to make a slight rim. Let rise 15 minutes. Brush lightly with

Olive oil

Sprinkle with

Parmesan cheese, grated

Cover with

Fresh tomatoes or drained canned tomatoes

Slices of Mozzarella or other Italian cheese

Chopped mushrooms or other topping

Sprinkling of oregano or basil

Bake 25 minutes at 425° F. Makes three 9-inch pizzas.

Cut in wedges and serve hot as a luncheon dish or an evening snack.

## White Bread

Homemade bread is a joy and a satisfaction to the creative cook and to the conscientious homemaker who knows that it is far superior to most bakery products, not only in flavor but in food values.



As an introduction to bread-making, read pages 101-104 which describe the necessary ingredients and explain how to knead and raise the dough. It is essential to knead bread thoroughly and correctly, so that the yeast will be evenly distributed and the bread will have the perfect texture which marks the superior loaf.

Rinse a large mixing bowl with hot water (a cold bowl delays the action of the yeast). Put in it

1/2 cup lukewarm water (100° F.)

1 tablespoon dry yeast

Let stand 5 minutes. Then stir to dissolve the yeast. Put in another bowl

1 cup milk

1 cup boiling water

2 tablespoons butter or margarine

2 tablespoons sugar

1 tablespoon salt

Stir until lukewarm. Add to the yeast mixture. Add

3 cups bread or all-purpose flour

Mix thoroughly with a spoon or knife. Add another

3 cups flour

Stir vigorously. Add a little more flour if needed to make the dough firm enough to keep it from sticking to the bowl. Put 1/2 cup flour on the mixing board or cloth and use some of it to dust the board very lightly, pushing the rest aside to work into the dough if needed. Turn the ball of dough out onto the board, leaving a clean bowl. Cover with the inverted bowl, and let "rest" 10 minutes, which makes the dough easier to work with. Knead.

To shape: Divide the dough into two equal parts. Knead each part to make a smooth ball. Cover with a cloth and let "rest" 10 to 15 minutes. Fold and pull to shape into loaves. Put into two greased bread

pans with the "seam" underneath. Cover and let rise until doubled in bulk (about 1 hour) Do not have the pans in a place warmer than 80° F. or there will be a heavy streak on the bottom of the loaf.

To bake: Heat the oven to 400° F. Bake the bread 40 to 60 minutes. Bake at 350° F. if you are using oven-glass bread pans, since oven-glass holds heat longer than metal. The loaf should begin to brown after the first 15 minutes. When the bread is done, the bottom will sound hollow when you tap it. The loaf will shrink from the side of the pan and will slip out easily. For a softer crust, brush the bread with melted butter minutes before taking it from the oven.

To vary: Add fruit or nuts or shape part of the dough into rolls, braids or twists.

### Care of Bread After Baking

Remove the loaves at once from the pans and place, side down, on a wire cooling rack. Otherwise the crust will be tough and the bread soggy. For a crisp crust, do not cover the bread. For a soft crust, cover with a dish towel during cooling. When cool, store in a clean, well-aired breadbox not too near heat. To avoid mold in hot weather, wrap the bread tightly in wax paper and store in the refrigerator.

Chill bread if you plan to cut it in thin slices.

### Whole-Wheat Bread

Whole-wheat flour makes bread somewhat heavy. If you prefer a lighter bread, use 4 cups all-purpose flour. See also the recipe for Cornell Bread.



Put in a mixing bowl

1/2 cup lukewarm water

1 tablespoon dry yeast

Let stand 5 minutes. Stir. Put in a separate bowl

1 cup milk

1/2 cup boiling water

1/4 cup sugar or molasses

2 teaspoons salt

Mix well, cool to lukewarm and add to the yeast mixture. Stir in

3 cups of all-purpose flour

Beat thoroughly. Add

3 cups whole-wheat flour

Stir with a heavy spoon or add a little more flour and knead. When smooth, let rise until double in bulk (about 1 hour). Shape into two loaves. Place in greased tins and let rise again to almost double in size (about 50 minutes.) Bake about 50 minutes at 375° F. Makes 2 loaves or 1 loaf and 1 to 2 dozen rolls.

### Cornell Bread (High Protein)

Make White Bread, adding with the first 2 cups of flour 6 tablespoons soy flour, 6 tablespoons powdered skim milk and 2 tablespoons toasted wheat germ. (These ingredients will replace 1 cup of flour.) Continue the recipe as for ordinary White Bread.

### Oatmeal Bread

Put in a large mixing bowl

2 cups boiling water

1 cup rolled oats, regular or quick

Stir thoroughly. Let stand 1 hour.

Add

1/2 cup molasses

2 teaspoons salt

1 tablespoon butter

Put in a small bowl

1/2 cup lukewarm water

1 tablespoon dry yeast

When dissolved, add to the oatmeal. Stir in

4 1/2 cups flour

Beat thoroughly and let rise until double in bulk. Add enough more flour to make the dough just firm enough to knead. Shape into loaves and put into buttered pans. Let rise until almost double. Bake about 5 minutes at 350° F. Makes 2 loaves.

**Prune Oatmeal Bread.** After the first rising, add 1/2 cup chopped nuts and 1 cup prunes cut in pieces.

**Anadama Bread.** Use 1/2 cup corn meal in place of the cup of oatmeal.

### Date-Nut Bread

2 cups milk

1 tablespoon dry yeast

1 cup brown sugar

1 tablespoon salt

1/2 cup melted shortening

2 eggs, well-beaten

1 1/2 cups dates, chopped coarsely

1 1/2 cups nuts, chopped coarsely

7 cups flour

Scald milk and cool to lukewarm; add crumbled yeast, sugar, salt, and shortening and stir until dissolved. Add eggs, dates, nuts and sifted flour to make a soft dough and knead well. Put into bowl and let rise until doubled. Knead again lightly and put into 2 bread pans. Let rise until doubled (or 1/2 hour) and bake in moderate oven (350° F.) for 1 hour. Makes 2 loaves.

### Garlic Bread

1/4 cup butter

6 segments garlic, crushed well

Slices of whole wheat bread



Cream butter. Add crushed garlic and spread on bread. Toast in oven at 350° F.

### **Crusty Pan de Sal**

1 tablespoon shortening  
1 tablespoon salt  
1 tablespoon sugar  
1 cup boiling water  
1 cup warm water  
2 1/2 teaspoons dry yeast  
5 cups sifted flour

Combine shortening, salt, sugar and boiling water in large mixing bowl. Cool to lukewarm. Add warm water. Sprinkle in dry yeast. Stir until dissolved. Let stand for 5 minutes. Add flour gradually. Turn out on lightly floured board. Knead until smooth and elastic. Place in a greased bowl; brush with shortening. Cover and let rise in warm place until double in bulk—about 1-1 1/2 hours. Punch down and turn out on lightly floured board. Divide dough into 24 equal parts and shape into ovals. Roll lightly in cracker crumbs. Place on greased cookie sheets (Spread them apart on the sheet). Cover, let rise in warm place, free from draft, until light—about 1 hour. Bake in hot oven at 425° F., for 15 to 20 minutes or until golden brown.

### **Cornell Doughnuts**

These delicious doughnuts are much richer nutritionally than standard doughnuts and provide a substantial amount of protein, calcium, phosphorus, iron, thiamine, riboflavin and niacin.

Follow the recipe for Raised Doughnuts, but instead of using all white flour, use only 2 1/2 cups

flour with 1/2 cup soy flour, 1/2 cup powdered milk, 1 tablespoon brewer's yeast and 2 tablespoons wheat germ. Add 1/2 teaspoon cinnamon and 1 teaspoon vanilla.

### **Raised Doughnuts**

Put in a mixing bowl

1 cup lukewarm water  
1 tablespoon dry yeast  
1 teaspoon salt  
2 cups all-purpose flour

Beat thoroughly. Cover and let rise 1/2 hour. Add

1/4 cup melted butter or salad oil  
1 cup light brown sugar  
2 eggs well-beaten  
1/2 teaspoon nutmeg  
1 1/2 cups flour

Beat well. Cover and let rise again until dough is light. Punch down. Add more flour if the dough is too soft to handle. Turn out onto a well-floured board. Divide the dough in two parts; cover each with a bowl and let "rest" 10 minutes to make the dough easier to work with. Roll about 1/2 inch thick. Cut with a floured biscuit cutter and shape into a ball, or cut with a 3-inch doughnut cutter. Set on the board, uncovered, and let rise about 1 hour. Fry. Dip in granulated sugar. Makes 24.

**Jelly Doughnuts.** Cut out dough in 2 1/2 inch rounds. On half of them place heaping teaspoons of jam or jelly. Brush the edges with slightly beaten egg white and cover with the other rounds. Press the edges together. Let rise, fry and dip in sugar.

### **Biscuits**

Success in making flaky baking-powder biscuits is a matter of a few simple rules.



Measure dry ingredients and sift into mixing bowl. When soda is used, it is sifted with dry ingredients.

Uneven distribution of leavening causes yellow or brown flecks. Cut in shortening with pastry-blender until mixture resembles coarse crumbs. Add all the liquid; **stir only till dough follows fork around bowl.**

Turn out on lightly floured surface and knead gently about 1/2 minute; kneading produces flaky biscuits with better volume and finer texture. Handle the dough quickly and lightly; too much stirring, beating, or kneading will tend to toughen the biscuits.

Pat out lightly with hand or roll evenly to about 1/2-inch thickness. Cut straight up and down with a floured cutter.

Place 1/2 inch apart on ungreased cooky sheet for crusty biscuits; just touching for softer biscuits.

For very crusty biscuits, make drop biscuits by adding more liquid. Bake in very hot oven (450° F.) 12 to 15 minutes.

Biscuit mix made of all ingredients except liquid may be kept in refrigerator and liquid added at time of baking.

Cut biscuits may be successfully stored in refrigerator 30 to 60 minutes before baking.

## A Variety of Hot Breads

Hot breads give the menu a lift and you can make them quickly. If you use a packaged mix, give it a touch of your own—by adding a change of seasoning or a little more shortening. See the suggestions below:

### Baking Powder Biscuits

The shortening may be all margarine, or other cooking fat or oil or half of each. For richer biscuits, double the amount of shortening or use cream or top milk. To add more protein, sift 1/4 cup dry milk or soy flour with the flour.

To serve piping hot, bake and serve in an oven-glass pie plate. Split leftover biscuits, toast lightly, butter and serve for breakfast.

Sift into a mixing bowl

2 cups all-purpose flour

4 teaspoons tartrate-type baking powder or 2 teaspoons "double-action" type

1 teaspoon salt

With finger tips or a pastry blender or fork, work in

2 tablespoons shortening

With a fork, quickly stir in

2/3 cup milk

Add more milk little by little, until the dough is soft and light but not sticky. (Flours differ so much that it is impossible to tell exactly how much milk you will need.) Turn out onto a floured board. With floured hands, pat down or knead about 20 strokes until smooth. Roll lightly 3/4 inch thick. Shape with a biscuit cutter or roll out into an oblong and cut in diamonds with a knife.

Place on an ungreased cooky sheet (close together for soft biscuits, 1 inch apart for crusty ones). Prick with a fork. Bake 15 minutes at 450° F. Makes 12 to 15.

**Cheese Biscuits.** Add 1/2 cup grated cheese to the dry ingredients.

**Peanut Butter Biscuits.** Work in 2 tablespoons peanut butter, leaving it in large enough bits so that it will show when bake.



**Butter Sticks.** Melt 1/4 cup butter in an oblong pan about 12 by 10 inches. Roll the dough into an oblong about 1/2 inch thick. Cut in 16 finger-shaped pieces. Put in the pan and turn so that all sides are buttered.

**Buttermilk Biscuits.** Use buttermilk in place of sweet milk and only 2 teaspoons baking powder. Add 1/4 teaspoon baking soda.

**Drop Biscuits.** Increase the milk to 1 1/4 cups. Drop by spoonfuls in buttered muffin tins or on a buttered cooky sheet.

**Filled Biscuits.** Roll the dough 1/2 inch thick. Cut out rounds. Spread half of them with melted butter, then with orange marmalade, shaved palm sugar or grated cheese. Press other rounds lightly on top. Brush with milk.

**Cream Biscuits.** Use 1 cup heavy cream in place of shortening and milk. Whip the cream stiff before adding.

**Maple Tea Biscuits.** Sprinkle Cream Biscuits with shaved palm sugar before baking.

**Pinwheel Biscuits.** Roll Baking Powder Biscuit dough into an oblong 1/4 inch thick. Brush with melted butter. Roll up like a jelly roll. Cut off pieces 3/4 inch thick. Set on a baking sheet, cut side down. Bake 15 minutes at 450°. F. Makes 12 to 15.

**Orange Pinwheels.** Cream 1/4 cup butter with 1/2 cup sugar. Add 1/2 cup butter with 1/2 cup sugar. Add 1/2 cup orange juice and 2 ta-

blespoons grated orange rind. Distribute in 12 buttered muffin tins. Sprinkle the dough with 1/4 cup sugar mixed with 1/2 teaspoon cinnamon before rolling it up. Arrange the pieces in the muffin tins.

**Orange Marmalade Pinwheels.** Roll out the dough. Spread with orange marmalade and roll up.

**Cheese Pinwheels.** Sprinkle with 1/2 cup grated cheese and roll.

**Butterscotch Biscuits.** Cream 1/2 cup butter with 3/4 cup brown sugar. Spread part on the dough before rolling up. Spread remainder on bottom of 9-inch pan. Brush sides of biscuits with melted butter. Place close together in pan, flat side down. Sprinkle pecan nut meats on dough and in pan, if desired.

**Onion Pinwheels.** Spread with 1 cup finely chopped onion. Scatter sesame seed over the onion. Roll, cut and brush with slightly beaten egg white. Sprinkle a few more seeds on each. Bake. Serve hot.

### Orange Biscuits

1/4 cup butter or margarine  
1/2 cup orange juice  
1/2 cup sugar  
2 teaspoons grated orange peel  
2 cups sifted enriched flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
3 to 4 tablespoons shortening  
3/4 cup milk

Combine butter, orange juice, 1/2 cup sugar, and orange peel; Cook 2 minutes. Pour into 9 greased muffin pans.



Sift flour, baking powder, salt, put in shortening. Add milk; stir till dough follows fork. Knead 1/2 minute. Roll 1/4 inch thick. Brush with butter; sprinkle with 1/4 cup sugar and 1/2 teaspoon cinnamon. Roll as for jelly roll. Cut 1-inch slices; place, cut side down, over orange mixture. Bake in very hot oven 450° F., 20 to 25 minutes. Makes 9.

### Banana Bulgur Muffins

- 2 cups mashed bananas (3-4 pieces)
- 2 tablespoons melted margarine
- 2 tablespoons sour or buttermilk
- 1 egg, well-beaten
- 1 cup bulgur flour (bran)
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 3/4 teaspoon baking soda
- 1 cup white flour

Sift dry ingredients into the mixing bowl. Add bulgur flour and mix well. Combine egg, milk, butter and bananas. Add to dry ingredients, mixing just enough to dampen all flour. Turn into well-greased muffin tins. Bake in a moderate oven (375° F.) 30 minutes. Makes 16 small muffins.

### Corn Bread Sticks

- 1/3 cup sifted enriched flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1 tablespoon sugar
- 1 1/3 cups yellow cornmeal
- 1 beaten egg
- 1 cup sour cream
- 2 tablespoons melted shortening or salad oil

Sift flour, baking powder, salt, soda, sugar together; add cornmeal. Combine egg, sour cream, shortening. Make a well in dry ingredients; add liquid all at once. Stir till just blended. Pour into well-greased preheated corn-stick pan. Bake in hot oven (400° F.) 25 minutes. Makes 10 to 12.

### Corn Bread Muffins

- 1 cup cornmeal
- 1 cup all-purpose flour
- 4 teaspoons baking powder, sifted with other dry ingredients
- 1 teaspoon salt
- 1/3 cup soft shortening or oil
- 2 eggs
- 2 cups milk
- 1 tablespoon sugar

Place cornmeal, either yellow or white, into mixing bowl. add the sifted flour, baking powder and salt and sift again. Then add the shortening or oil, and the beaten eggs. Mix thoroughly and put into well-greased muffin pans, or may be baked in flat well-greased pans.

### Mashed Kamote Biscuits

- 2 cups sifted flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 3 tablespoons shortening
- 1 cup mashed kamote
- Milk or water enough to make a soft dough

Sift all dry ingredients. Cut or rub the fat into the dry ingredients. Rub the kamote into this mixture. Add just enough liquid to make the mass cling together. Do not



knead. Place on floured board; roll to about 2-centimeters thickness; cut with a round biscuit cutter. Place on a lightly floured tin and bake 15 to 20 minutes in a moderately hot oven.

### Kamote Bread

1 cup finely shredded kamote  
1 cup flour  
1 cup evaporated milk  
1/2 cup sugar  
2 1/2 teaspoons baking powder  
Lemon rind (optional)

Sift dry ingredients. Add shredded kamotes. Then add the milk and mix thoroughly. Pour in a well-greased pan and bake in a moderate hot oven for 40 minutes.

### Cream Scones

Traditional English tea party fare. Sift into a mixing bowl

2 cups flour  
4 teaspoons tartrate-type baking powder or 2 teaspoons "double-action" type.  
2 teaspoons sugar  
1/2 teaspoon salt

Using finger tips, a pastry mixer or fork, work in

4 tablespoons butter

Into another bowl, break

2 eggs

Reserve a small amount of the egg white for the topping. Beat the rest and add to the flour mixture, with

1/2 cup cream or milk

Add a little more cream or milk, if needed, to make the dough just soft enough to handle but still soft.

Turn out onto a floured board. Knead 1/2 minute. Pat and roll into an oblong 3/4 inch thick. Cut into diamonds by making diagonal cuts with a long sharp knife. Brush with the reserved egg white diluted with 1 teaspoon water. Sprinkle with sugar. Bake 15 minutes at 450° F. Makes 12 or more.

### Pilipit

2 cups flour  
1/4 teaspoon baking powder  
1/2 teaspoon salt  
1 egg  
1/2 cup milk or water

Mix and sift dry ingredients. Beat egg and add to the milk. Add to the dry ingredients and knead until smooth. Make a very long thick roll on the board and cut into 1/2 inch portions. Roll each portion to about 4 inches long and twist the strip, bringing the ends together. Fry in deep hot oil; when brown, remove and dip in thick syrup.

### Rice Waffles

1 cup sifted flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 tablespoon sugar  
3 eggs, separated  
1/3 cup melted shortening, cooled  
1 1/2 cups buttermilk  
1 cup cooked rice

Sift together dry ingredients. Beat egg whites until stiff but not dry. Beat egg yolks thoroughly.



Stir in shortening and buttermilk. Add to sifted dry ingredients. Mix well. Fold in rice and stiffly beaten egg whites. Bake in hot waffle iron until browned. Makes 8 waffles.

### Yellow Corn Puto

2 cups yellow corn  
2 cups flour  
1 1/2 cups sugar  
3 eggs  
1 cup milk  
2 cups water  
2 lime rinds grated  
5 tablespoons baking powder  
Salt

Mix all ingredients very well. Pour in a well-greased pan, then steam for 40 minutes. Serve with coco honey or any sauce desired.

### Rice Spoon Bread

3 tablespoons white cornmeal  
1 cup boiling water  
1/4 cup sifted flour  
1 teaspoon salt  
1 tablespoon sugar  
1 cup cooked rice  
1 tablespoon butter or margarine  
2 eggs, separated  
1 cup milk  
2 teaspoons baking powder

In top of double boiler add cornmeal to water, stirring constantly. Stir in flour, salt and sugar. Cook until thickened, stirring frequently, stir in rice and butter. Remove from heat. In large bowl, beat egg yolks slightly. Stir in hot cornmeal mixture, milk and baking

powder. Beat egg whites until stiff but not dry. Fold into cornmeal mixture. Pour into greased baking dish. Set in pan of hot water and bake in moderate oven (350° F.) until firm and golden brown. Serve with lots of butter. Makes 8 servings.

### Streusel-Filled Muffins or Breakfast Cake

3/4 cup sugar  
1/4 cup soft shortening  
1 egg  
1/2 cup milk  
1 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt

Mix thoroughly sugar and shortening, stir in egg and milk. Add dry ingredients which have been sifted together. Fill muffin tins 1/3 full, sprinkle on 1/2 teaspoon Streusel mixture. Add the same amount of batter and sprinkle with 1/2 teaspoon of mixture. Bake till toothpick stuck in center comes out clean. This may be baked in a flat pan, putting 1/2 of batter, then Streusel mixture and another half of batter and remaining mixture. Bake 25 to 30 minutes at 375° F. (quick, moderate oven). Serve warm from the oven if possible.

### Streusel Mixture

1/2 cup brown sugar  
2 tablespoons flour  
2 teaspoons cinnamon  
2 tablespoons butter, melted  
1/2 cup chopped nuts



## Chapter Fourteen

# Delightful Desserts



A treat for the sweet tooth,  
and at the same time,  
nutritious and healthful.

### Mango Pie

2 1/2 cups sliced mangoes  
1/2 tablespoon cornstarch or 1 1/2  
tablespoons flour  
1 cup sugar  
1/4 cup water  
1 teaspoon margarine

Peel mangoes, slice thin. Put in pie pan lined with pastry. Sprinkle with sugar and cornstarch or flour. Pour water over top and dot with butter. Cover with diagonal strips of pie crust and bake 10 minutes in very hot oven (450° F.) then reduce heat to 425° F. for 30 minutes. Makes nine-inch pie.

### Pineapple Pie

4 eggs  
1 1/4 cups sugar  
4 tablespoons flour (level)  
2 tablespoons margarine or butter  
1 cup soured milk or buttermilk (place  
1 tablespoon lemon juice or kalamansi  
juice into a cup and fill with sweet  
milk, stir)  
Add a pinch of soda to sour milk  
1 cup crushed pineapple

Mix sugar, flour, add beaten egg yolks. Stir pinch of soda into sour milk, add milk and pineapple to above mixture. Pour into unbaked pie crust, dot with butter and bake in hot (450° F.) oven about 10 min-



utes. Lower heat to 350° and bake until filling is not quite firm, that is, it will still shake when pan is moved. Spread on stiffly beaten egg whites (which have been beaten with 6 tablespoons sugar). Bake till golden brown, about 15 or 20 minutes.

### Whipped Cream-Banana-Strawberry Pie

- 1 cup whipping cream or substitute
- 3 tablespoons sugar
- 1/2 teaspoon vanilla
- 4 ripe bananas
- 2 cups strawberries

Whip cream, fold in sugar and vanilla. Peel the bananas and slice into baked pie shell, either graham cracker or the regular kind. Add strawberries and cover immediately with whipped cream. Before serving, garnish with additional ripe banana slices and strawberries. Makes 1 large pie.

### Pumpkin Pie (Light and Bright)

- 1 1/2 cups canned or mashed cooked pumpkin that has been put through a sieve
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 1/4 teaspoons cinnamon
- 1/4 teaspoon cloves
- 1 teaspoon vanilla
- 3 slightly beaten eggs
- 1 1/4 cups milk
- 1 6-ounce can (2/3 cup) evaporated milk

Mix well the pumpkin, sugar, salt and spices. Blend in eggs, milk,

and evaporated milk. Pour into unbaked pastry shell. (Have edges to stand high as the amount of filling is generous. Bake in hot oven (450° F.) 50 minutes until knife inserted halfway between center and outside edge comes out clean. Cool. Make a flower with whipped cream in the center by putting 1 teaspoon of whipped cream for each petal of flower if desired. 6 walnuts or pecan halves placed in center to make a circle is also a nice garnish.

### Graham Cracker Pie Crust

- 16 graham crackers, rolled fine
- 1 teaspoon flour
- 1/2 softened butter or margarine
- 1 teaspoon cinnamon (optional)

Blend thoroughly. Press one-half mixture firmly in even thin layer to bottom and sides of well-buttered pie pan. It may be baked for 10 minutes at 350° or may be used unbaked.

### Apple Pie

- 5 large or 7 small apples
- 1 cup sugar (1/2 brown sugar may be used)
- 2 tablespoons all-purpose flour
- 1 1/4 teaspoons cinnamon
- 1/8 teaspoon salt
- 1 recipe plain pastry
- 2 tablespoons margarine

Peel apples and slice thin. Combine flour, sugar, salt, and spices—mix with apples. Line pie tin with crust, put in the apple mixture, put on small dots of margarine. Roll out top crust, cut into 1-inch wide strips. Place diagonally across



pie both ways, sealing to bottom crust. Bake in hot oven (400° F.) 50 minutes till done.

### **Quick Apple Pie:**

When available, use 2 No. 2 cans (5 cups) sliced pie apples, in recipe above.

### **Hint:**

A strip of aluminum foil or brown paper around edge of crust will keep juices in pie, also keep from over-browning.

## **Apple or Green-Mango Pandowdy**

5 cups thinly sliced apples or half-ripened mangoes  
 1/2 cup sugar  
 1/8 teaspoon salt  
 1/4 teaspoon cinnamon  
 1/8 teaspoon nutmeg  
 1 1/2 tablespoons lemon juice  
 1/4 teaspoon grated lemon rind  
 2 tablespoons water  
 1 cup sifted flour  
 1 1/4 teaspoons baking powder  
 1 tablespoon sugar  
 3/4 teaspoon salt  
 1 tablespoon cold shortening  
 4 1/2 tablespoons milk

Mix apples with seasonings and water in 8 x 2 x 2-inch pan. Cover and bake in hot oven for 20 minutes. Sift flour once, measure, add baking powder, sugar and salt, then sift again. Cut shortening, add to flour and cut in, using pastry blender or finger tips, until mixture is as fine as meal. Add milk all at once, stir carefully until all flour is dampened, then stir quickly and lightly until mixture forms a soft ball and follows spoon. Turn out on lightly floured board; knead gently 8 times, roll or pat out into

8-inch square. Carefully fit over apples in pan and cut slits to permit escape of steam. Bake in hot oven (450° F.) 25 minutes. Makes 8 servings. (Canned apples may be used with no pre-cooking. Add other ingredients and place directly into pie shell.)

**Variation:** Prepare apples as above and cook as described. Use this crust recipe:

1 cup rolled oats (oatmeal)  
 1 cup whole wheat or white flour  
 1/2 cup soft margarine  
 1/2 cup brown sugar

Mix well until crumbly and spread evenly over top of apple mixture. If this crust is used, 2 tablespoons cornstarch or 4 tablespoons flour should be added to apple mixture. Other canned fruits may be used in place of apples. Peaches and apricots mixed or alone, pie cherries or any kind of pie filling (with the prepared fillings follow directions on the can).

## **Banana Cream Pie**

(See variations on vanilla pudding)  
 1/4 cup cake flour (or all-purpose flour)  
 2/3 cup sugar  
 1/4 teaspoon salt  
 1 cup milk  
 2 beaten egg yolks  
 1 1/4 teaspoons vanilla  
 1/2 cup cream, whipped  
 3 bananas

Mix together flour, sugar and salt in top of double boiler. Add milk and cook over hot water, stirring constantly until mixture thickens. Cook 15 minutes after it thickens, stirring occasionally. Pour a small amount over beaten egg yolks,



beating vigorously. Return to double boiler and cook 2 minutes longer, stirring constantly. Remove from fire, cool, add vanilla, chill. Fold in whipped cream and arrange cream filling and sliced bananas in layers in pie shell (regular or graham cracker). Garnish with whipped cream and sliced banana. Makes 1 pie.

### Fresh Strawberry Pie

3 cups fresh strawberries  
 3/4 cup sugar  
 1 tablespoon lemon or lime juice  
 2 tablespoons cornstarch  
 2 tablespoons cold water  
 1/8 teaspoon red coloring  
 1/8 teaspoon salt  
 Graham or vanilla cooky crust

Pour sugar over strawberries and let stand in refrigerator several hours. Pour off juice and add to lemon juice salt and red coloring (if necessary) and cornstarch, which has been blended with the cold water. Cook 5 minutes, or until it thickens, over low fire. Stir frequently. Place berries in graham cracker crust and pour cooled cooked syrup over them. Top with whipped cream. Makes 1 pie.

### Kalamansi Pie

1 1/4 cups sugar  
 1/3 cup cornstarch  
 1/2 teaspoon salt  
 1 1/2 cups boiling water  
 3 eggs, separated  
 1/3 cup kalamansi juice

Combine 1 cup of the sugar, cornstarch and salt in a double boiler. Add boiling water, stirring

constantly. Cook over boiling water until smooth and thickened, stirring constantly. Cover and cook 15 minutes. Beat egg yolks with 1/4 cup sugar, and gradually pour hot mixture over them, while stirring. Return to double boiler and cook 5 minutes longer. Just before removing from heat add kalamansi juice. Mix well; cool. Pour into baked pie shell. Top with meringue made from 3 egg whites. Brown lightly in 350°F, oven.

### Meringue

2 egg whites  
 1/4 cup sugar  
 1 1/2 teaspoons kalamansi juice

Beat egg whites, to which juice has been added, with electric mixer, rotary hand beater or wire whip until they are foamy. Add sugar gradually, beating constantly, until soft peaks are formed and all sugar has been added, but they are not dry. Place on pie, sealing edges to pie crust. Bake 15-20 minutes until golden brown, 250°-300° F.

### Goldenrod Cake

2/3 cup soft butter or margarine  
 1 3/4 cups sugar  
 2 eggs  
 1 1/2 teaspoons vanilla  
 3 cups unsifted cake flour  
 2 1/2 teaspoons baking powder  
 1 teaspoon salt  
 1 1/4 cups milk

Beat butter, sugar, eggs vanilla 5 minutes on high speed. Sift flour, baking powder, and salt. Add the dry ingredients in 4 installments, alternating with milk. Start and end with dry ingredients. Blend on low speed just until smooth.



Grease cake pans well and dust with flour. Bake at 350° F. Layers: 30-35 minutes. Oblong: 45-50 minutes.

### Hint

Cake flour may be made by placing 2 tablespoons of cornstarch in each cup and then filling with sifted all-purpose flour. Sift at least twice before using, to mix thoroughly.

### Golden Loaf Cake

- 1 3/4 cups sifted all-purpose flour  
(measure after sifting) or 2 1/2 cups cake flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup shortening (margarine or butter)
- 1 teaspoon vanilla
- 5 egg yolks (3/8 cup) unbeaten
- 3/4 cup milk

Sift together into bowl flour, sugar, baking powder and salt. Add the shortening, vanilla, eggs and milk. Beat 2 minutes. Spoon batter into a 9 x 5 x 3-inch loaf pan that has been greased and lined with wax paper. Bake 60-70 minutes in 350° F. (moderate) oven. When removed from oven, punch holes in top surface of cake with fork and pour on the following mixture. It soaks into the warm cake and makes it moist with a lovely fruity flavor.

- 1/2 cup orange or kalamansi juice
- 1/2 teaspoon grated rind (optional)
- 1 cup sifted powdered sugar

Let sugar and juice mixture stand on the top of oven while cake is

baking, stirring occasionally. After cake is baked, pour on as directed, a little at a time.

### Variation: Jelly cake

This cake may be baked in four or five very thin layers and iced between layers and on top with jelly or jam of the flavor of your choice. Strawberry, apple, pineapple, etc.

### Fluff Top Spice Cake (It frosts itself)

- 1/2 cup margarine or butter
- 1/4 cup soft shortening
- 1 1/2 cups sugar
- 1/2 teaspoon vanilla
- 3 beaten eggs
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- 2 teaspoons nutmeg or cinnamon
- 1/4 teaspoon salt
- 1 cup buttermilk or soured milk (may be made by putting 1 tablespoon of kalamansi or lemon juice into a cup, then filling with milk and stirring.)

Cream margarine and shortening together, creaming until light. Add beaten eggs, beat until light and fluffy. Sift dry ingredients together; add to creamed mixture alternately with sour milk, beating after each addition. Pour into greased 13 x 9 x 2-inch pan. Other sizes and shapes may be used as desired. Bake in moderate oven (350° F.) 40 minutes until done. Top with Broiled Coconut Frosting. Cream 1/4 cup margarine or butter and 1 cup brown sugar. Add 2 tablespoons light cream or evaporated milk, full strength. Mix well. Stir in one cup flaked or shredded



coconut. Spread over warm cake. Broil 4 to 5 inches from heat, about 4 minutes or till golden brown. Serve warm if possible.

### White Fruitcake

- 2 cups glazed pineapple (may be made by cooking 2 cups fresh pineapple cubes very slowly over low heat with 1 cup sugar, 1/4 cup water until moisture is absorbed and pineapple is softened and a golden color)
- 1 cup glazed red cherries, cut in half
- 1 cup glazed green cherries, cut in half (if not available, use all red)
- 1 1/4 cups dried apricots, apples, dates or any other dried fruit, cut in small pieces
- 1 cup light seedless raisins (if available, if not use dark ones)
- 2 cups blanched almonds, walnuts, cashew nuts or any other nuts that are comparable. These should be cut lengthwise or may be coarsely chopped. Walnuts or pecans may be used whole.
- 2 cups shredded coconut. Canned or packaged coconut may be used or fresh coconut may be shredded into very thin strips and dried in the oven, mixed with 1/4 cup icing (powdered) sugar.
- 1 teaspoon vanilla
- 1 cup shortening
- 1 cup sugar
- 5 eggs
- 1 1/2 cups sifted all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup unsweetened pineapple juice
- 1 teaspoon vanilla

Stir the shortening to soften. Gradually add sugar, and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Sift 1 1/2 cups flour, baking powder, and salt together 3 times. Add the flour mixture to the creamed mixture alter-

nately with pineapple juice, a small amount at a time. Beat well after each addition. Dredge the fruits with 1/2 cup flour. Add the floured fruits, coconut, nuts and flavoring to the cake batter; stir only until well blended. Line five 7 1/2 x 3 1/2-inch loaf pans with waxed paper, allowing 1/2 inch to extend above all sides of the pan. Pour batter into pans. Place pan of water in oven. Bake in very slow oven (270° F.) 1 1/2 hours. Take cake from oven. Decorate with candied pineapple, almonds or other nuts, cherries or other fruits. Continue baking 1 hour. This may be made in graduated sizes of round layer pans for a groom's cake. Makes about 5 pounds of cake.

**Note:** 6 1/4 cups of prepared glazed fruitcake mix may be used in place of the pineapple, raisins, cherries and other fruits.

### Chocolate Upside-Down Cake

- 1 cup flour
- 1 1/2 tablespoons cocoa
- 2 teaspoons baking powder
- 3/4 cup sugar
- 1 teaspoon salt
- 1/2 cup milk
- 2 tablespoons oil
- 1 teaspoon vanilla

Mix dry ingredients well, then add milk, oil and vanilla.

- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 cup water
- 2 tablespoons cocoa

Mix and boil for 5 minutes. Pour over the first mixture. Bake at 350° F. until firm to touch.







## Quick Cocoa Cake

6 tablespoons cocoa  
2 cups flour  
1 1/2 cups sugar  
1 teaspoon soda  
1/4 teaspoon salt  
2 eggs  
2/3 cup oil  
1 cup cold water

Sift the first five ingredients into a mixing bowl. Add the rest and stir after all the ingredients are in. Beat well. Bake in a large pan or 2 layers in a moderate oven.

## Milk Chocolate Cake

2 cups sifted cake flour  
1 2/3 cups sugar  
4 teaspoons double-acting baking powder  
1 teaspoon salt  
5 tablespoons cocoa  
2/3 cup shortening  
2/3 cup evaporated milk  
2/3 cup water  
1 1/2 cup vanilla  
3 eggs

Grease two 9-inch layer cake pans and line with wax paper; grease again. Sift together the dry ingredients, add shortening. Combine milk, water, vanilla, pour half into dry mixture. Beat 2 minutes with electric mixer or 150 strokes by hand. Add remaining liquid and eggs. Beat 2 minutes more. (Batter may appear curdled but this is all right.) Pour into prepared pans and bake at 350° F. for 30-40 minutes. Cool 5 minutes in pans and then remove to wire racks and cool com-

pletely. Frost with boiled frosting. Sprinkle with grated coconut.

## Quick Chocolate Frosting

1 can sweetened condensed milk  
1 half-pound bar semisweet or milk chocolate  
1 teaspoon vanilla

Place milk and chocolate in top of double boiler. Let cook till melted and blended and well thickened. Add vanilla. Spread on cooled layers.

## Pineapple Upside-down Cake

3 tablespoons butter or margarine  
6 slices pineapple (or 2 1/2 cups crushed pineapple or chunks)  
6 maraschino cherries  
Halves of nuts—walnuts, cashews, etc.—if desired  
2/3 cup brown sugar  
1/2 cup shortening  
1/2 cup granulated sugar  
1 egg  
1 teaspoon vanilla  
1 1/4 cup sifted cake flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt

**Topping:** Melt butter or margarine in 9 x 1 1/2 inch round or square. Drain pineapple, reserving 1/2 cup syrup. Place pineapple slices in margarine with cherry in center and nuts between slices, if desired. Sprinkle brown sugar over all, press down into margarine and fruit.

**Cake:** Cream together sugar and shortening. Add egg and vanilla, beat till fluffy. Sift together dry ingredients; add alternately with reserved pineapple syrup, heating after each addition. Spread over

**Milk Chocolate Cake—so creamy it makes the mouth water just to look at it.**



pineapple. Bake in moderate oven (350° F.) 45 to 50 minutes. Let stand 5 minutes; invert on plate. Serve warm or cold. Top with whipped cream or ice cream.

### Oatmeal Cake

- 1 cup oatmeal
- 1 cup brown sugar
- 1 cup white sugar
- 1/2 cup shortening
- 2 eggs, unbeaten
- 1 teaspoon soda
- 2 1/4 teaspoons cream of tartar
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 1/2 cups flour

Pour 1 cup of hot water over oatmeal and set aside. Cream brown and white sugar and shortening, then add unbeaten eggs. Mix well. Sift together soda, cream of tartar, salt, and flour, mix into creamed mixture. Add oatmeal and vanilla and mix thoroughly. Bake 30 minutes at 350° F.

### Penuche-Topped Cake

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 3/4 cup milk
- 1 teaspoon vanilla

Sift together flour, baking powder, salt. Cream shortening and sugar well. Blend in eggs one at a time. Beat 1 minute. Add milk and vanilla that have been mixed together, alternately with dry ingredients to creamed mixture, beginning and ending with the dry. Blend thoroughly after each addi-

tion. (If using electric mixer, use low speed.) Pour into well-greased and lightly floured 12 x 8 x 2-inch pan.

#### Topping

- 1/2 cup firmly packed brown sugar
- 3/4 cup nuts, chopped
- 1/4 cup butter or margarine, melted

Mix well and sprinkle over batter. Bake in moderate oven (350° F.) 30 to 40 minutes. Serve warm with whipped cream, if possible.

### Carrot Cake

- 2 cups sifted flour
- 1 3/4 cups sugar
- 1 1/4 cups oil
- 2 teaspoons cinnamon
- 2 teaspoons soda
- 1 teaspoon salt
- 4 eggs
- 3 cups finely grated carrots

Combine first six ingredients, add eggs, one at a time, beating well after each is added. Add the carrots. Bake 30 minutes at 350° F. Cool in pan 10 minutes, then turn out on cooling rack.

#### Frosting

- 1/4 pound (1 stick) margarine
- 2 3-ounce packages cream cheese
- 2 teaspoons vanilla
- 3/4 box powdered sugar
- 1 cup flaked coconut (fresh may be used)
- 1 cup chopped nuts

Cream margarine and cream cheese, add sugar. Then blend in coconut and nuts. Spread on cake.

### Broiled Icing

- 1 1/4 sticks margarine (3/8 pound)
- 1 1/2 cups brown sugar
- 7 tablespoons canned evaporated milk
- 1 1/2 cups chopped nuts
- 1 cup coconut (fresh or canned)



Melt margarine, **do not boil**. Add brown sugar, evaporated milk, nuts and coconut. Spread over cake as soon as it is baked, broil until icing is brown.

### Butter Frosting

1/4 cup butter or margarine  
2 cups sifted powdered sugar  
1 teaspoon vanilla  
1 tablespoon cream or evaporated milk or sweetened condensed milk (more may be used if needed to make suitable spreading consistency).

Thoroughly cream butter and sugar—add cream and vanilla as frosting becomes thick. Will frost top and sides of two 9-inch layers.

#### Variations:

**Chocolate Butter Frosting**—Add 3 1/2 tablespoons cocoa and 1/2 tablespoons butter that has been mixed before adding to frosting after first 1/4 cup of sugar has been blended into the butter.

**Lemon- or Kalamansi-Banana Frosting**—Substitute 3 tablespoons mashed banana and 1 tablespoon lemon or kalamansi juice for cream and vanilla.

**Orange Butter Frosting**—Substitute orange juice for cream and grated orange peel for vanilla.

**Pineapple Butter Frosting**—Substitute pineapple juice, 2 tablespoons, for cream and vanilla. May be garnished by drying pineapple cubes or crushed pineapple on a paper towel or dish towel, then placing on frosted cake. A cherry between each 2 cubes is also pretty. Coconut may be sprinkled over the

frosting (any flavor) while still moist, for a nice variation. Coconut may be tinted any color by using 1 drop of cake coloring in 1/2 teaspoon water and sprinkling over 1 cup coconut and stirring briskly with spoon till color is blended throughout. If too dark, add more coconut.

### Jelly Roll

1 cup sifted all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
3 large eggs (2/3 cup)  
1 cup sugar  
1/3 cup water  
1 teaspoon water

Grease 15 1/2 x 10 1/2-inch jelly roll pan and line bottom with greased brown paper or with aluminum foil. Sift together flour, baking powder, and salt and put aside. Beat the eggs in small bowl, with electric mixer, rotary hand beater or wire whip, until thick and lemon colored. Pour into a large bowl, gradually beat in 1 cup sugar. Blend in, on low speed if using mixer, 1/3 cup water, 1 teaspoon vanilla. Slowly mix in dry ingredients, still on low speed, just until batter is smooth. Pour into prepared pan. Bake until top springs back when lightly touched. 375° F., 12-15 minutes. Loosen the edges and immediately turn upside down on a towel sprinkled with icing (confectioner's) sugar. Carefully remove paper. Trim off any stiff edges. While cake is hot, roll cake and towel from narrow end. Cool on wire rack. Unroll cake, remove towel. Spread with soft (not syrupy) jelly or filling. Roll again. If desired, sprinkle with icing (confectioner's) sugar. Cut in 1-inch slices.



**Variations:**

**Strawberry Cream Roll**—Less than an hour before serving, unroll jelly roll. Spread with about 1 cup sweetened whipped cream or whipped cream substitute and sprinkle with 2 cups sliced fresh or frozen strawberries. Reroll and chill. Serve in thick slices. Other fruits (mangoes, etc.,) may be used instead of strawberries.

**Ice Cream Cake Roll**—Unroll jelly roll and spread with 1/2 to 3/4-inch of frozen ice cream, any flavor. Reroll—wrap in waxed paper or aluminum foil and place in freezing compartment of the refrigerator. Remove just before serving, slice into thick slices for serving. With vanilla ice cream a layer of fruit jam or jelly may be spread on roll before putting on ice cream.

**Pineapple-filled Roll**

- 1/2 cup sugar
- 3 tablespoons cornstarch or 6 table-  
spoons flour
- 1/2 teaspoon salt
- 3/4 cup pineapple juice
- 1 cup well drained crushed, cooked  
or canned pineapple
- 1 tablespoon margarine
- 1 teaspoon kalamansi juice

Mix sugar, cornstarch and salt in saucepan. Stir in pineapple juice and pineapple gradually. Bring to boil over direct heat, stirring constantly. Boil one minute. Remove from heat and stir in margarine and lemon or kalamansi juice. Cool thoroughly. Unroll cake and spread with pineapple mixture and reroll. Slice and garnish with whipped cream, if desired.

**Butterscotch Candy Squares**

- 2 cups sugar
- 2/3 cup dark corn syrup
- 1/4 cup water
- 1/4 cup light cream
- 1/4 cup butter or margarine
- 1 cup shredded coconut, toasted

Combine sugar, syrup, water and cream in saucepan. Cook over medium heat, stirring constantly until mixture boils. Continue cooking, stirring occasionally to "hard ball" stage, 260° F., or until mixture forms a hard ball when tested in very cold water. Add butter and coconut and continue cooking, stirring constantly to "soft crack" stage, 280° F., or until a small amount of mixture separates into threads which are hard but are not brittle when tested in cold water. Pour into buttered 8" square pan; when almost set, cut into squares. When cold, break apart. Makes 1 1/4 pound.

**Favorite Quick Fudge**

- 2/3 cup evaporated milk
- 1 1/2 cups sugar
- 1/4 teaspoon salt
- 2 tablespoons butter
- 1 jar marshmallow cream (7 1/2  
ounces)
- 1 1/2 cups semi-sweet chocolate pieces  
(9 ounces)
- 1 teaspoon vanilla extract
- 1 cup chopped pecans and some pecan  
halves

Mix evaporated milk, sugar, salt, butter and marshmallow cream in a 2-quart saucepan. Stir over medium low heat until mixture comes to a full rolling boil. Increase heat to medium; continue boiling—stirring constantly for 5 minutes.



Remove from heat, then add chocolate and stir until melted and smoothly blended. Stir in vanilla and pecans. Turn into a buttered 8- or 9-inch square pan and spread evenly. Cool, then cut in squares and put a pecan half on top of each square. Makes about 2 pounds.

### Five-Minute Fudge

- 2/3 cup undiluted evaporated milk
- 1 2/3 cups sugar
- 1/2 teaspoon salt
- 1 1/2 cups (16 medium) diced marshmallows
- 1 1/2 cups chocolate chips
- 1 teaspoon vanilla
- 1/2 cup chopped nuts

Combine milk, sugar and salt in saucepan over medium heat. Heat to boiling. Cook 5 minutes, stirring constantly. Remove from heat. Add remaining ingredients and stir until marshmallows have melted. Pour into buttered 9-inch pan. Semisweet chocolate bars that have been chopped (to make 1 1/2 cups) may be used in place of chocolate chips.

### Non-Cook Fudge

- 1 package cream cheese
- 2 cups sifted icing sugar
- 2 1-ounce squares of unsweetened chocolate or 2 ounces semi-sweet chocolate
- 1/4 teaspoon vanilla
- Dash of salt
- 1/2 cup nuts

Cream cheese until soft, blend in sugar, then add melted chocolate, vanilla, salt and nuts. Press into a well-greased pan. Chill in refrigerator about 15 minutes before cutting into squares.

### Candied Peanuts (or other nuts)

- 1 1/2 cups sugar
- 1/2 cup water
- 1/4 cup honey
- 3 cups whole roasted peanuts

Combine water, honey and sugar. Cook until soft ball forms in cold water. Remove from fire and beat until it turns slightly sugary. Add nuts, stir until hard. Turn onto waxed paper and separate the nuts. Makes 3 1/2 to 4 cups.

### Peanut Butter Fudge

- 2 cups sugar
- 1/2 cup milk
- 1/4 cup white corn syrup or honey (scant)
- 1/2 cup nuts
- 2 tablespoons peanut butter
- 1/2 tablespoon butter
- 1/4 teaspoon vanilla

Cook all ingredients except nuts, butter, and vanilla, until a firm ball forms when dropped in cold water. Add butter, vanilla and nuts and beat until it holds its shape.

### Peanut Brittle (Quick)

- 2 cups granulated sugar
- 2 cups roasted peanuts

Place sugar in a heavy iron skillet. This is the only utensil that can be used for this recipe. Stir constantly over medium heat until sugar melts and becomes a syrup. It must not get dark brown or will taste burned. The sugar will form hard pieces before melting, and quite possibly some of the lumps



will not melt before the syrup would become too dark, but do not wait—add peanuts even though all sugar lumps are not dissolved. Stir thoroughly till all nuts are coated. Turn out on flat surface or cookie sheet. Flatten just as thin as possible, stretching with hands till thin. When cold, break into pieces. Store in an air-tight container.

### **Rolled Oat Squares**

- 1/2 cup butter
- 1 cup brown sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon salt
- 2 cups rolled oats

Mix till crumbly. Do not press down. Put in pan and bake until delicately brown.

### **Cinnamon Puffs**

- 1 cup soft shortening
- 1 1/3 cups sugar
- 2 eggs
- 2 3/4 cups sifted all-purpose flour
- 2 teaspoons cream of tartar, lemon or kalamansi juice
- 1 teaspoon soda
- 1/4 teaspoon salt

Mix thoroughly shortening, sugar and eggs. Sift together flour, cream of tartar, soda and salt. If juice is used in place of cream of tartar add to shortening, sugar, eggs mixture before adding dry ingredients. Stir in dry ingredients, thoroughly. Roll into balls 3/4 in diameter. Coat with mixture of a tablespoon sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased baking sheet. Bake until lightly browned but still

soft, 8-10 minutes at 400° F. (moderately hot oven). They puff up when baking, then flatten out. Makes five dozen 2-inch cookies.

### **"No Cook" Fondant**

- 1/3 cup soft margarine
- 1/3 cup white corn syrup
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 3 1/2 cups (1 pound) sifted confectioner's sugar

Blend butter, syrup, salt, and vanilla in large mixing bowl. Add confectioner's sugar all at once. Mix first with spoon and then with hands, kneading in dry ingredients. Turn onto board and continue kneading until well blended and smooth. Makes about 1 1/3 pounds of candy. Store in cool place. Flavor and shape may be varied as desired.

### **Butter Nut Bars**

- 1/2 cup margarine or butter
- 2 cups brown sugar
- 2 eggs
- 2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 1 1/2 cups nuts

Cream softened margarine, gradually adding brown sugar. Beat in egg, then add dry ingredients, nuts and vanilla. Spread in well-greased pan. Bake 25-30 minutes at 300° F. Makes about 4 dozen bars.

### **Coconut Macaroons**

- 1/2 cup condensed milk
- 2 cups shredded coconut
- 1 teaspoon almond extract



Combine milk and coconut. Add almond extract. Drop by teaspoons onto greased baking sheet. Bake in moderate oven 10 minutes. Immediately remove from sheet.

### Coconut Cookies

2 cups flour  
1 teaspoon baking powder  
1 cup sugar  
1/2 cup butter  
4 eggs  
1 teaspoon vanilla  
1 cup coconut

Sift dry ingredients. Add butter and mix with fork. Add unbeaten eggs, vanilla and coconut. Drop by spoonful on greased sheet and bake in moderate oven for 15 minutes.

### "Fun Time" Sugar Drops

3 1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup soft shortening  
2 cups brown sugar  
2 eggs  
1/2 cup water, sour milk or buttermilk

Sift together flour, baking soda and salt. Mix thoroughly brown sugar, shortening, eggs and water, then add dry ingredients. If possible, chill for 1 hour. Drop rounded teaspoonfuls about 2 inches apart on lightly greased baking sheet. Bake till set—just until when touched lightly with finger almost no imprint remains. Bake 8-10 minutes, 400° F., moderately hot oven. Makes about 3 dozen 2 1/2-inch cookies.

#### Variations:

**Fruit nut cookies**—Add to above

main recipe 3/4 cup chopped nuts; 1 cup candied fruit, cherries, pineapple, etc., cut into small pieces; and 1 cup chopped dates, raisins (may be whole) or prunes. Make smaller, 1 teaspoon not rounded.

**Salted Peanut Cookies**—Follow above main recipe, but in place of 1 3/4 cups flour, stir in 2 cups sifted flour, 2 cups oatmeal, 1 cup dry cereal (Wheaties, corn flakes, Rice Krispies, etc.), 1 cup coarsely chopped salted peanuts (without husks). Bake till brown, 12-14 minutes. (If dry cereal is not available, use oatmeal in its place.)

**Easy-Filled Cookies** — Follow main recipe but place 1/2 teaspoon pineapple filling or any fruit jam (use the recipe below) on each teaspoon dough. Cover with 1/2 teaspoon dough. Bake till lightly browned, 10-12 minutes.

### Pineapple Filling

1 1/2 cups well-drained crushed canned pineapple, No. 2 can  
1/4 cup lemon or kalamansi juice  
3 tablespoons butter or margarine  
1/4 teaspoon nutmeg or cinnamon  
3/4 cup pineapple juice  
1 cup sugar mixed with 1/4 cup all-purpose flour in a saucepan.

Add rest of ingredients; cook slowly, stirring constantly until thickened. (5-10 minutes.) Cool. Fills 4 dozen cookies.

**Jewelled Cookies**—Follow main recipe but press into the dough on top of each cookie after it has been dropped several pieces of cut-up gumdrops, red cinnamon candies or any other kind of small candies





**Cookies are easy to store, ready for entertaining or to satisfy a sweet tooth.**

that will not melt. Chocolate chips, or even sugar that has been colored red or green, etc., with tiny amount of food coloring. Cinnamon and and sugar (2 tablespoons sugar and 1 teaspoon cinnamon mixed) may also be used.

### **Peanut Butter Cookies**

1/2 cup peanut butter  
1/2 cup butter  
1/2 cup white sugar  
1/2 cup brown sugar  
1 egg  
1 teaspoon soda  
Dash of salt  
1 1/2 cups flour

Mix together dry ingredients. Add peanut butter, butter and egg. Make balls and press down with fork.

Bake in a moderate oven (375° F.) until cookies are a light brown.

### **Peanut Butter-Banana Cookies**

1 1/2 cups sifted flour  
1/2 teaspoon baking powder  
3/4 teaspoon salt  
3/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/2 cup butter  
1/2 cup peanut butter  
1 cup sugar  
1 egg  
1 ripe banana  
1 1/2 cups quick-cooking oatmeal

Sift together the flour, baking powder, salt, cinnamon, and nutmeg. Cream together until light and



fluffy the butter, peanut butter and sugar. Beat in the egg and banana. Drop by teaspoonfuls on greased baking sheet. Bake in moderate oven 8 to 10 minutes.

### Peanut Wafers

- 2 cups flour
- 1/2 cup oil
- 3/4 cup milk
- 1/2 teaspoon baking powder
- 1 quart peanuts roasted and chopped fine
- 1 cup sugar

Sift flour once and add the baking powder. Sift again. Cream the oil and sugar together until mixture is light. Add the flour alternately with milk. Add the vanilla and fold in the peanuts. Drop by teaspoonful onto greased cooky sheet and bake.

### Snowball Crunchies

- 1 cup powdered sugar
- 2 cups margarine or butter
- 5 cups sifted flour
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 1 1/2 cups chopped nuts

Cream butter and sugar. Add flour a little at a time, creaming well after each addition. Add salt, vanilla, nuts. Chill, if possible. Shape one rounded teaspoonful into a ball about 3/4 inches in diameter. Place these balls on ungreased cooky sheet. Bake 10 to 15 minutes at 400° F. Immediately remove from cooky sheet. Carefully place in plastic or paper bag into which powdered sugar has been sifted. Coat well with sugar and remove to cooling rack. Makes 7 to 8 dozen cookies.

### Surprise Treats

- 1 cup margarine or butter
- 1 1/2 cups sifted powdered or icing sugar
- 2 tablespoons vanilla
- Food coloring, if desired
- 3 cups all-purpose flour
- 1/4 teaspoon salt

Mix thoroughly margarine, sugar, vanilla and coloring, if used; then add, mixing with hand, flour and salt. Dough may be dry; if so, add 1 or 2 tablespoons cream or evaporated milk. Measure 1 level tablespoon of dough and mold around a filling. This may be a well-drained maraschino or candied cherry, a pitted date, a nut (peanut, cashew nut, walnut, almond or pecan) a gumdrop, or 1/2 teaspoon of a mixture of 1 cup coconut mixed with 1/2 cup of sweetened condensed milk with 1/2 teaspoon of either vanilla or peppermint flavoring or any other flavoring that is preferred. Place 1 inch apart on ungreased baking sheet. Bake till set, but not brown. Remove from cooky sheet to cooling rack. Dip tops of warm cookies in icing (recipe follows). Decorate tops with same ingredient as inside. (Walnut on top of walnut inside, coconut on coconut mixture, small piece of gumdrop, cherry, etc., on top of icing.)

**Variation** — To make penuche dough, use 1/2 cup brown sugar packed in place of powdered sugar.

#### Icing

- 1 cup sifted, powdered sugar
- 2 tablespoons cream or evaporated milk
- 1 teaspoon vanilla or peppermint or other flavors
- Food coloring, if desired



Let your imagination be your guide in varying the taste and beauty of these cookies in many ways.

### Baked Squash Pudding

1 1/4 cups cooked squash  
1/2 cup brown sugar  
1/4 cup molasses  
1/2 teaspoon salt  
1/4 teaspoon cinnamon  
2 eggs  
3/4 cup milk

With the mashed squash combine sugar, molasses, salt and cinnamon. Beat eggs, add the milk. Pour into greased baking dish. Bake in moderate oven for 1 hour.

### Banana Rice Pudding

2 1/2 cups thinly sliced bananas  
2 tablespoons lemon juice  
1 cup sugar  
1/8 teaspoon salt  
1 tablespoon grated orange rind  
3 eggs, separated  
1 1/2 cups milk  
2 cups cooked rice

Combine bananas and lemon juice and mash thoroughly. Stir in 2/3 cup of the sugar, salt, grated orange rind, and finally milk and rice. Pour into 10 x 6 x 2-inch baking dish. Set in pan of hot water. Bake in moderate oven (350° F.) about 35 minutes or until set. Cool slightly. Beat egg whites until stiff, but not dry. Gradually add remaining sugar and beat until egg whites stand in stiff peaks. Spread meringue over pudding. Return to oven and bake about 15 minutes longer, or until lightly browned.

Serve warm or cold, cut into squares. Makes eight servings.

### Lemon Sponge Pudding

1/2 cup sugar  
2 tablespoons flour  
1/2 teaspoon salt  
2 egg yolks  
1 cup milk  
2 tablespoons lemon juice  
2 teaspoons grated lemon rind  
2 egg whites

Mix sugar, flour and salt. Beat egg yolks slightly and with milk. Add lemon juice and rind. Beat egg whites stiff; fold in. Pour into greased baking dish. Place in pan of hot water; bake in moderate oven for 45 minutes. Chill.

### Vanilla Pudding

3/4 cup sugar  
3 tablespoons cornstarch (level) (or 6 tablespoons flour)  
Pinch of salt  
1 egg  
3 cups milk  
1 teaspoon vanilla

Combine all ingredients except vanilla; cook, stirring constantly, until it thickens and coats the spoon. Cool.

**Variations: Banana Pudding**—Place a layer of vanilla wafers, graham crackers, or other thin cookies or cooky crumbs in bottom of individual bowls or a large serving bowl. Add a layer of sliced banana and pour enough cooled pudding over all to cover. Repeat procedure—crackers, sliced banana and pudding, as many layers as are needed.



This may be topped with whipped cream.

**Pineapple pudding** may be made in the same way, using crushed pineapple in place of the bananas.

**Cream pies**—This banana and pudding mixture may be put into a baked pie shell or graham cracker or vanilla wafer pie shell and topped with meringue or whipped cream for a cream pie.

### Banana Snow

1/4 cup sago  
1 quart water  
3 bananas  
1 cup sugar  
3 egg whites  
2 tablespoons lime juice

Cook the sago in the water until it is transparent. Then add the lime juice and sugar, and pour this mixture over the beaten egg whites, beating it constantly. Stir into it the diced bananas. Cool and serve plain or with whipped cream.

### Toron

4 cooking bananas  
8 lumpia wrappers  
3 tablespoons vegetable fat  
1/4 cup sugar (granulated)  
1 tablespoon cinnamon

Peel and slice lengthwise each banana into two parts. Wrap each slice in a lumpia wrapper. Tuck in and fold the two ends. Fry them in moderately hot fat till they are golden brown. Drain off the fat, and roll each piece in the sugar

and cinnamon mixture. Serve them while the wrappers are still crunchy.

### Glazed Banana

6 (firm) bananas  
Sugar  
Lime juice  
Vegetable fat

Peel the bananas. Sprinkle them with lime juice. Roll them in sugar, and fry them slowly in vegetable fat until tender and golden brown, turning them to brown evenly. Serve hot.

### Pineapple Ambrosia

2 1/2 cups pineapple cuts  
Cherry flavoring  
1/2 shredded coconut

Chill pineapple cuts; drain off most of syrup. Flavor pineapple to taste with cherry flavoring; place in serving dish. Sprinkle coconut.

Oranges may be used in this way also. Cherries may be added to the oranges and bananas if desired.

### Banana Ice Cream

1 pint milk  
1 tablespoon flour  
Pinch of salt  
1 egg  
1/2 cup sugar  
1 pint thin cream or evaporated milk  
2 well-ripened bananas  
1 tablespoon lemon juice

Make custard with milk, sugar, flour, salt and egg. Strain and cool. Add cream and bananas which



have been pressed through sieve. Add lemon juice and freeze. Makes 3 pints.

#### Variations:

3/4 cup of well-mashed strawberries may be substituted for the bananas, or 3/4 cup mangoes. Increase sugar to 3/4 cup instead of 1/2 cup.

### Cantaloupe and Ice Cream

Cut in half a cantaloupe. Edges may be cut in points (jagged) for beautiful effect. Fill with ice cream and serve immediately.

**Variation:** Cut rings of cantaloupe as you would a loaf of bread, a ring of fruit for a serving. Fill with ice cream of a favorite flavor. If a fruit flavor is used, garnish with fresh fruit of same kind if available. Strawberries, pineapple, cherries, etc.

### Frozen Applesauce Whip

- 1 cup applesauce
- 1/2 cup chopped nuts
- Pinch of salt
- 1 3/4 cups whipping cream or evaporated milk—chilled
- 1 lemon, juice only
- 1 orange, juice only

Add nuts and salt to applesauce and chill thoroughly. Whip chilled cream until stiff and add lemon and orange juice. Combine with applesauce mixture. Place in molds of assorted shapes or in plain freezing tray and freeze. Makes 6 servings.

### Frozen Lemon Crunch

#### Topping

- 2 tablespoons margarine
- 3 tablespoons brown sugar
- 1/2 cup walnut meats
- 1/2 cup crushed flakes
- 1/4 cup wheat germ

Melt margarine and stir in brown sugar, nut meats, flakes and wheat germ. Cook over low heat stirring constantly, until caramelized, then cool. Spread half of mixture on bottom of pan. Place other half on top of dessert and freeze.

#### Filling

- 1 can evaporated milk
- Lemon concentrate made from 1 or 2 tablespoons brown sugar and 1/2 cup lemon or kalamansi juice. (For the lemon concentrate you may use the frozen lemonade concentrate, 1 can)
- 1 tablespoon honey

Chill the evaporated milk, then beat until thick. Add honey and lemon concentrate and blend well. Grease the pan and put half of the topping in the bottom. Pour in the filling. Pat remaining topping on top and freeze.

### Ice Cream—Vanilla or Chocolate

- 3 cups coconut milk
- 1 1/2 cups whole powdered milk
- 1 tin sweetened condensed milk
- Pinch of salt
- Vanilla or chocolate to taste
- (maple flavoring or other kinds may be used as available and desired)



Blend coconut milk and powdered milk. Add remaining ingredients and mix thoroughly. Put into tray in freezing compartment of refrigerator until almost frozen, remove and beat until fluffy. Refreeze at coldest temperature.

#### Variations:

Add any one of the following ingredients

1 cup drained canned crushed pineapple

1 cup fresh sweetened strawberries

1 cup mashed ripe banana to which 1/2 teaspoon of kalamansi or lemon juice has been added

1 cup mashed ripe mango

Blend with rest of ingredients before freezing.

### Pineapple Ice Cream

2 quarts milk

3 cups thick cream or evaporated milk, chilled

1 cup sugar

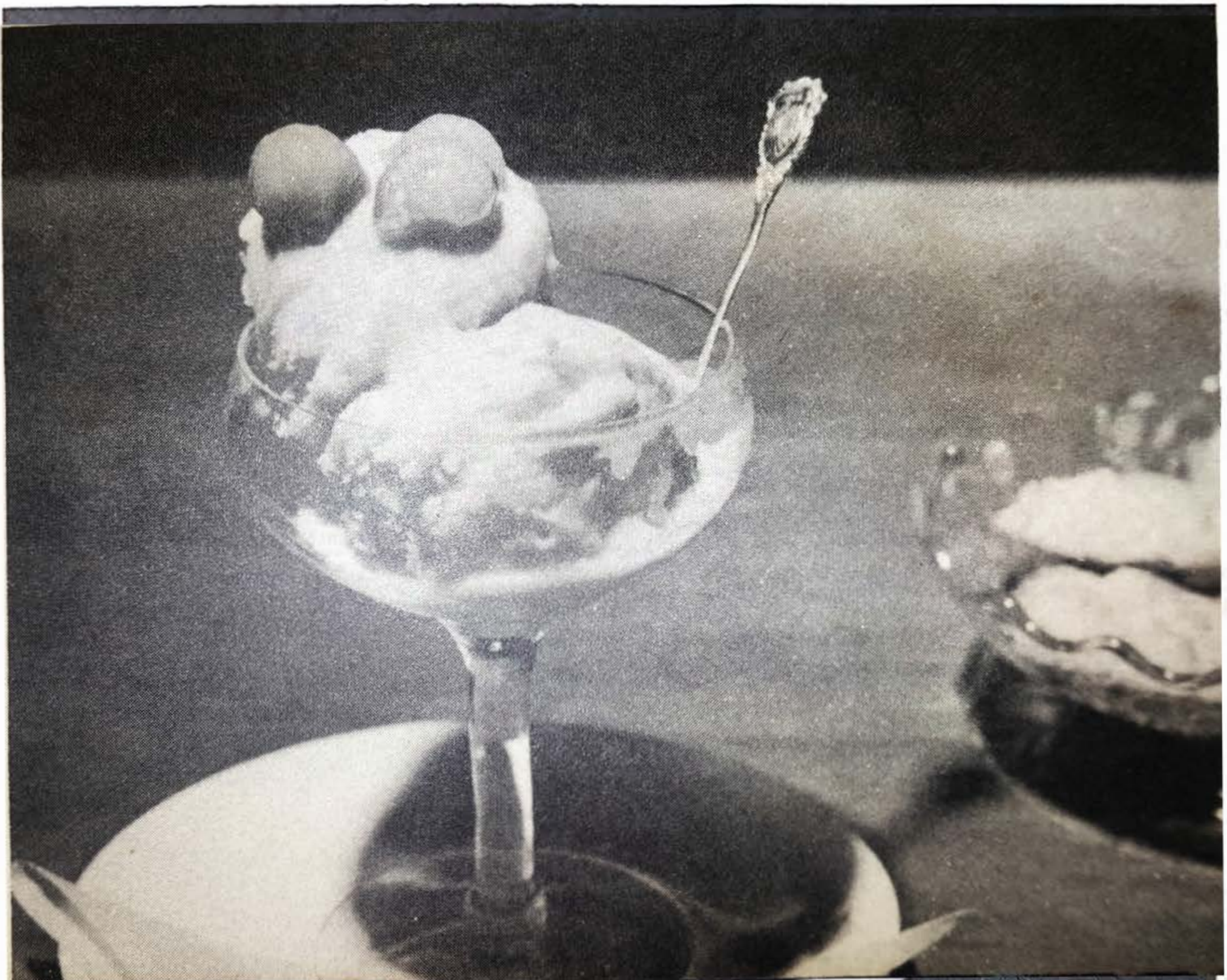
2 tablespoons vanilla

2 cups crushed pineapple

Mix milk, cream 1/2 cup sugar and vanilla. Pour into gallon freezer or into freezer tray of refrigerator. Freeze until thick. Stir in pineapple to which has been added the remaining sugar. In refrigerator before adding pineapple, beat with rotary beater, wire whip or electric mixer until creamy.

**Variations:** Strawberries or mangoes or other fruits may be used in place of the pineapple.

If you have an electric refrigerator, you can make your own "flavor-of-the-month."





**Mango Ice Cream**

- 2 cups sugar
- 1 cup water
- 8 large mangoes
- 2 tablespoons lime (kalamansi) juice
- 1 1/2 quarts cream—or 3 cans evaporated milk, 1 can sweetened condensed milk
- Milk as needed—for refrigerator freezing, 1 pint

Boil sugar and water, making a thick syrup. Cool. Peel and mash the mangoes. Add syrup and lemon juice, pour into a 1-gallon freezer. Add cream and enough milk to fill to 2 inches from the top of ice cream freezer. Freeze, remove dasher, and pack. It may stand 2-3 hours before serving. If freezing in refrigerator, place in tray. When ice cream is almost frozen, remove and stir or beat till smooth. Return to freezer to harden.

**Pineapple Sherbet**

- 1 1/2 cups sugar
- Pinch of salt
- 1/2 cup orange or tangerine juice
- 1 cup lime or kalamansi juice
- 1 cup unsweetened pineapple juice (tinned)
- 1 cup skimmed milk
- 1 can evaporated milk

Mix all together and put in ice tray—freeze until the sides turn hard and then take out and beat until smooth—freeze again.

**Leche Flan**

- 2 cups fresh milk
- 8 eggs yolks
- 1 cup sugar
- Finely grated rind of 1 dayap

Scald milk in double boiler for 15 minutes. Beat egg yolks. Add sugar, milk and finely grated rind. Stir until thoroughly mixed. Pour into a mold lined with caramelized sugar. Place leche flan mold in pan of hot water and bake until it becomes firm. (To caramelize sugar, dissolve 1 cup sugar in 1/4 cup water and cook till sugar caramelizes.)

**Strawberry Sherbet**

- 3 cups sugar
- 4 cups water
- 3 lemons or 6 kalamansi—juice only
- 1 1/2 cups crushed strawberries
- 2 cups whipping cream (evaporated milk, chilled and whipped, may be used if whipped cream is not available. Whipped topping may also be used.)

Boil sugar and water till sugar is dissolved. Cool, add strawberries and juice. Put in freezer and chill thoroughly. Add whipped cream and finish freezing. Makes about 2 quarts.

**Barquillos**

- 3/4 cup milk
- 5 egg yolks
- 1/4 cup sifted flour
- Sugar to taste
- Rind of one lemon

Stir the lightly beaten egg yolks into the milk. Add this mixture to the flour to make a smooth batter. Add sugar and powdered rind. Grease a wafer iron (barquillera) on both sides and heat it over moderate fire. Drop tablespoon of batter in the center of the hot iron, press the iron plates together. Heat the iron on both sides to brown



the wafer. Use a greased wooden cone to shape the barquillos while still warm and soft.

### Cassava Pudding

1 cup grated kamoteng kahoy  
 1/3 cup raisins  
 3/4 cup coconut milk  
 1 cup sugar  
 1/4 cup water  
 2 eggs, well beaten

Mix above ingredients thoroughly and pour in a banana leaf-lined cake pan or pudding pan, and bake at 350° F until done.

### Brazos

1 cup egg white  
 5 cups fresh milk  
 4 cups sugar  
 1 tablespoon butter  
 Sugar to taste  
 4 egg yolks  
 5 tablespoons cashew nuts, toasted and ground fine  
 1 tablespoon vanilla

Beat egg white until it is stiff enough to stand in peaks. Add sugar, little by little, beating mixture continuously. Flavor with vanilla and set aside.

Simmer milk over low heat, stirring until milk has evaporated to one half its original quantity. Add enough sugar to sweeten. Beat egg yolks in mixing bowl. To egg yolks add thickened milk by spoonfuls, beating after each addition. When most of the milk has been added to the egg yolks, pour egg yolk and milk mixture into the rest of the milk, stirring well to avoid curdling. Add ground cashew nuts and continue cooking over low heat, stirring constantly, until of

paste consistency. Shape into a long loaf.

Brush top of loaf generously with butter then top with meringue (this may be forced through a cake decorator or cookie tube). Brown in slow oven. Lay upside down on pan lined with buttered paper. Brush top with butter and cover with meringue. Brown again in oven.

### Coconut Goodies

3 eggs  
 6 tablespoons sugar  
 1 tablespoon water  
 1/2 cup flour  
 1/2 teaspoon baking powder

Beat eggs until stiff, add sugar and water, and fold in flour, sifted with baking powder. Place in a thin layer on a baking sheet and bake in a hot oven (about 400 degrees F.) until golden brown. Cut while hot into 2-inch squares, place about 1 tablespoon of filling on each square and fold the corners toward the center.

#### Filling:

Whites of two eggs  
 1 tablespoon vanilla  
 1 cup sugar  
 1/2 cup water  
 1 1/2 cups grated coconut

Mix the coconut, sugar, vanilla and water and cook until thick. Fold in well-beaten whites.

### Tocino del Cielo

25 egg yolks  
 4 cups sugar  
 3 cups water

Boil sugar and water until the syrup forms a soft ball when



dropped in water. Beat egg yolks, add the syrup after cooling it, blend well and strain. Line a pan or small molds with thick caramel syrup, fill 3/4 full with mixture, and steam until thick and set. Allow to cool before unmolding. Tocino del cielo is often baked in small individual molds and placed in small souffle cups for serving.

### Empanaditas

2 cups flour  
1/2 teaspoon salt  
4 teaspoons baking powder  
1 tablespoon sugar  
1/2 to 2/3 cup milk  
2 tablespoons cooking oil  
Fruit jam for filling

Sift flour with baking powder and salt, add sugar and sift again. Mix oil and milk. Make a well in flour mixture and pour milk mixture. With a fork or food scraper, mix liquid and flour to make a soft dough.

Roll out on slightly floured board to about 1/4 inch thick. Cut in round pieces with cookie cutter (a doughnut cutter with the center removed works well for this purpose). Place half a spoon of fruit jam (mango, guava, papaya, etc.) in the center of each round piece of dough. Moisten edges with water. Fold over half of circle and press edges together with tines of a fork.

Fry in deep hot oil until golden brown. Serve hot.

### Pili Turon

1 cup shelled pili nuts  
2 cups sugar  
1 cup water  
1 teaspoon vanilla  
Pinch of salt

Toast peeled pili nut until light brown, grind. Put sugar and water in a saucepan and cook into a thick syrup. Add the ground pili nuts, vanilla and salt and continue cooking until a little amount hardens when dropped in a cup of water. Remove from heat and flatten into a thin sheet on a slightly greased cookie pan. Cut while still warm into desired shapes. Wrap individually in waxed paper.

### Pili Pastillas

1 cup chopped pili nuts  
1 can condensed milk  
1 tablespoon glucose  
1 tablespoon almond extract

Chop pili nuts after blanching and peeling. Mix with condensed milk and glucose and cook to paste consistency. Stir in flavoring. Roll into a thin sheet and cut into desired pieces. Wrap individually in waxed paper.

### Pili Nut Mazapan

2 1/2 cups pili ground through meat grinder  
1 cup white sugar  
10 egg yolks  
1/2 cup margarine

Remove the oil from the ground pili nuts. Mix the yolks, sugar and butter with the nuts. Cook over low heat until the mixture thickens. Drop by spoonfuls onto greased baking sheets. Brush top of each with egg yolk and bake in moderate oven. You may bake the "mazapan" in small loaf pans one inch thick, wrap in waxed paper and package it up to be served on special occasions.



## Chapter Fifteen

# Miscellaneous Filipino Dishes



A selection of preparations  
that defy classification—  
but the taste buds  
don't mind!

### Ampalaya With Coconut Milk

2 coconuts  
3 medium-sized ampalaya  
2 cloves garlic, pounded  
Salt to taste  
1/2 teaspoon vetsin

Wash ampalaya well and slice into 3/4 inch squares after removing seeds. Do not wash after slicing. Extract milk from coconuts, using 2 cups water. Cook coconut milk with crushed garlic cloves. As soon as it begins to form, add ampalaya and continue cooking without stirring, until ampalaya is just crisp and tender.

### Bulgur Guinataan

2 cups bulgur wheat  
9 cups thin coconut milk  
1 cup sugar  
Pinch of toasted anise  
1 cup thick coconut milk

Soak bulgur in 6 cups of hot water for 2 hours. Put thin coconut milk in a kettle, bring to a boil. Cook 5 minutes on high heat. Add bulgur and again bring to boil. Cook 15 minutes on high heat. Stirring constantly. Lower heat, cook 5 minutes on medium. Add sugar and toasted anise. Simmer 10 minutes on low heat stirring constantly. Add thick coconut milk,



cook one minute longer. Serve hot.  
Makes 12 servings.

### **Bulgur Espasol**

3 cups finely ground, toasted bulgur wheat  
2 cups coconut milk  
2 1/2 cups sugar  
1 cup grated coconut from which milk has been extracted  
Pinch of toasted anise.

Toast bulgur wheat 20 minutes on low heat and grind finely. Boil coconut milk and sugar 15 minutes, stirring constantly. Add grated coconut, continue stirring. Add ground bulgur little by little, reserving 1/2 cup for rolling. Cook 15 minutes on low heat until mixture is thick enough to roll. Spread wax paper with powdered bulgur, spoon out cooked mixture. Roll into 8 x 1 1/2 inch thick rolls. Slice into 1 inch pieces and wrap in wax paper. Makes 24 servings.

### **Estofado**

1/3 kilo gluten  
4 ripe bananas (saba)  
1 carrot cut in pieces  
3 cloves garlic, crushed  
2 onions, quartered  
2 red sweet peppers, peeled  
1 bay leaf  
1/2 cup kalamansi juice  
Salt to taste  
1 teaspoon vetsin

Fry the gluten until golden brown. Cut bananas crosswise into 1 centimeter pieces. Fry until brown and set aside. To the gluten, add onions, bay leaf, salt and vetsin to taste. When the oil sizzles, add kalamansi juice and enough

water to cover. Let boil 5 minutes and then reduce heat. Add carrots and quartered peppers. Continue cooking until vegetables are done and the sauce is of desired consistency. Serve hot.

### **Baked Bananas**

4 firm bananas  
2 tablespoons sugar  
Pinch of salt  
2 tablespoons margarine

Peel bananas. Place in shallow greased baking dish. Sprinkle with sugar and salt; dot with butter. Bake in moderately hot oven for 15 minutes. Serve immediately.

### **Egg Noodles**

1 egg  
1 teaspoon salt  
1/2 egg shell cold water  
1 cup flour

Break the egg into a cup, add the half shell of water and the salt and mix lightly. Shift 2/3 cup of the flour into the bowl. make a hollow in the center and pour in the egg mixture. Stir with a knife in one direction, adding flour until the dough is so stiff that stirring is difficult. Turn onto a floured board and knead until smooth and elastic. Then roll out as thin as possible, turning the dough to prevent its sticking to the board. Flour the board lightly and let the dough stand 1/2 hour to dry. Cut the dough into halves, roll each piece like a jelly roll, then slice as thin as desired. Shake the slices apart. Let noodles dry. To cook, drop the noodles into boiling



soup or stew, and boil for 20 minutes. Or drop them a few at a time into hot fat and quickly fry them until brown and crisp, then drain on paper.

### Mango Chutney

10 large green mangoes  
1 cup seeded raisins  
1 1/2 tablespoons white mustard seed  
2 chili peppers  
2 cloves garlic, pounded  
1 tablespoon ground ginger  
1 medium grated onion  
1 cup lime juice

Combine sliced mangoes and other ingredients. Cover and let stand overnight. Simmer 3 hours, slowly stirring so as not to scorch.

### Native Pickles

1 cup green papaya, sliced in strips  
1 green pepper, sliced in strips  
1 small carrot, sliced in strips  
1 small ginger, cut in strips  
1 bunch native onion, cut 2 inches long  
2 cups pineapple vinegar  
1 cup sugar  
Salt to taste

Blanch all vegetables. Drain and put in a bowl. In a pan combine vinegar, sugar, salt, ginger. Boil, then pour over vegetables and cool. Put in a jar, and store until it is needed.

### Salted Peanuts

Remove skin by placing the peanuts in boiling water for five minutes. Then change to cold water

for few minutes. Brown in hot oil. Remove from oil when they become light brown. Drain in a colander then dredge with salt and crushed diced garlic.

### Toron Especial

12 slices of native cheese (kaso) four inches long  
6 pieces lumpia wrapper

Cut wrapper into halves. Wrap each sliced cheese and roll as in lumpia. Fry in deep hot oil.

### Torta Upo

3 cups upo  
3 eggs  
1/2 cup flour  
Salt  
Vetsin  
1 onion

Cut the upo fine, add a little salt, onion and vetsin. Beat eggs and mix with upo, then stir in the flour. Form into patties and fry in deep hot oil.

### Yellow Corn Rolls

1/2 ganta or 4 cups yellow corn  
2 young coconuts, grated fine  
Sugar as desired  
1/2 cup skim milk (may be omitted)  
1 cup thick coconut milk  
2 tablespoons margarine  
Cinnamon or any desired flavoring

Mix well and cook for 5 minutes until thick and sticky. Wrap in young banana leaves that have been blanched. Place each gently in a pan. Add just enough water to cook.



## Chapter Sixteen

# International Dishes



Take a visit to foreign lands  
by sampling their  
favorite foods

SEVERAL of the recipes in this section call for coconut milk or cream. Here is how to make it from either fresh or vacuum-packed, flaked coconut.

### **Fresh Coconut Milk:**

Grate the meat of the fresh coconut. To each cup of coconut meat add 2 cups hot water. Let soak 30 minutes, then squeeze through a piece of cheesecloth to extract all the liquid.

### **Fresh Coconut Cream:**

For each 2 cups of grated coconut, add 1 cup hot water. Let stand 30 minutes, then squeeze through cheesecloth to extract all the liquid.

### **Vacuum-Packed Flaked Coconut Milk:**

For each cup of flaked coconut, add 2 cups hot milk. Let stand 30 minutes, then squeeze through cheesecloth to extract all the liquid.

### **Vacuum-Packed Flaked Coconut Cream:**

For each cup of flaked coconut, add 1 cup hot (not boiling) heavy cream. Let stand 30 minutes then squeeze through cheesecloth to extract cream. Chill, if cream is to be whipped.





## INDONESIA

### Gluten and Bean Sprout Soup

- 2 pounds gluten, cut in thin strips
- 1 onion
- 2 1/2 quarts water
- 1 tablespoon salt
- 2 teaspoons minced ginger root, or 2 teaspoons powdered ginger
- 3 tablespoons oil
- 1 1/2 cups thinly sliced onions
- 1 cup bean sprouts
- 3 hard-cooked eggs, sliced
- Sliced lime or lemon

Combine the gluten, onion, water, and salt in a saucepan.

Bring to a boil; cover and cook over low heat 1/2 hour. Remove gluten; strain broth and add ginger. Cut the gluten in thin strips.

Heat the oil in a skillet; saute the onions until golden brown. Stir in the bean sprouts; cook over low heat 5 minutes. To serve, arrange the gluten, vegetables, and eggs in a bowl. Pour the soup into cups with a slice of lime on top. Each person helps himself to the gluten, etc. Serves 6 to 8.

### Spiced Tofu (Sambal Tahu)

- 1/2 cup chopped onions
- 2 garlic cloves, minced
- 1 1/2 teaspoons salt
- 1 tablespoon lemon juice
- 2 teaspoons grated lemon rind
- 2 teaspoons brown sugar
- 1 teaspoon powdered ginger

- 3 tablespoons oil
- 1 pound tofu in cubes
- 1 1/2 cups coconut milk (see recipe, page 146)

Pound or chop to a paste the onions, garlic, salt, lemon juice, rind, brown sugar, and ginger. Heat the oil in a skillet; saute the mixture 3 minutes, stirring frequently. Add the tofu; cook over low heat, stirring steadily for 3 minutes. Blend in the coconut milk. Cook over low heat 10 minutes. Chill.

### Fried Noodles

- 1/2 pound *mie* (Chinese vermicelli) or vermicelli or fine noodles
- 2 eggs, beaten
- 3/4 cup oil
- 1 pound gluten, cut julienne
- 1 1/2 cups thinly sliced onions
- 2 minced garlic cloves
- 2 teaspoons minced ginger root or 1 tablespoon powdered
- 3 cups shredded Chinese or green cabbage
- 1 cup bean sprouts, drained
- 1 cup diced tofu
- 1/4 cup chopped scallions (or onions)
- 1 tablespoon soy sauce
- 1/2 teaspoon freshly ground black pepper

Cook the noodles in boiling salted water until almost tender. Drain and spread on a flat surface to cool and dry. If possible, chill for 2 hours. Make an omelet of the eggs. Roll up and slice fine.

Heat 2 tablespoons oil in a skillet; saute the very thin gluten for 5 minutes. Remove and keep warm. Heat 2 tablespoons oil in the same skillet; saute the onions, garlic, and ginger for 3 minutes. Remove and keep warm. Heat 2 tablespoons oil in the same skillet; saute the cabbage and bean sprouts 3 minutes.



Add the tofu and saute 2 minutes. Return all the sauteed ingredients and add the scallions, soy sauce, and pepper. Cook 2 minutes.

In a separate skillet, heat the remaining oil; turn the noodles into it, fry until browned. Drain. Heap the noodles on a platter and turn out the gluten mixture over them. Sprinkle with the sliced omelet.

### Green Beans in Coconut Milk

- 1/2 cup chopped onions
- 1 minced garlic clove
- 2 teaspoons grated lemon rind
- 1/2 teaspoon dried ground chili peppers
- 1 tomato, peeled and chopped
- 4 tablespoons oil
- 1 pound green beans, cut French style or 1 package frozen, thawed
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 bay leaf
- 1 cup coconut milk (see recipe, page 146)

Pound or chop to a paste the onions, garlic, lemon rind, chili peppers, and tomato. Heat the oil in a saucepan; saute the mixture 3 minutes, stirring almost constantly. Add the beans, salt, sugar, bay leaf, and coconut milk. Bring to a boil, cover loosely and cook over low heat 15 minutes. Cool.

### Gluten in Coconut Cream

- 1 1/2 pounds gluten, 1/2-inch thick
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried ground chili peppers
- 1/4 teaspoon ground coriander
- 3 tablespoons oil
- 2 minced garlic cloves
- 1 1/2 cups chopped onions
- 1 teaspoon salt
- 1/2 cup coconut cream (see recipe, page 146)

Cut gluten in strips 1 inch by 2 inches. Toss with the cumin, chili peppers, and coriander. Heat the oil in a skillet; brown the gluten, garlic, and onions in it. Add the salt and cream; cook over low heat 10 minutes. Serves 4-6.

### Tomato Chutney (Quetta)

- 1 cup lemon juice
- 1/4 cup salt
- 1 3/4 cups sugar
- 2 minced garlic cloves
- 1 cup seedless raisins
- 1/4 cup minced ginger root or 3 tablespoons, dried ground chili
- 1 tablespoon dried ground chili peppers
- 5 pounds tomatoes, peeled and diced

Combine all the ingredients in a saucepan. Bring to a boil and cook over low heat 1 hour, or until very thick. Stir frequently. Cool and pack in sterile half-pint jars. Makes about 2 pints.

### Fried Egg With Spicy Sauce

- 1/2 cup minced shallots or onions
- 2 minced garlic cloves
- 1/2 teaspoon dried ground chili peppers
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 2 teaspoons grated lemon rind
- 8 eggs, hard-cooked
- 1 cup oil
- 1 tablespoon soy sauce
- 2 tablespoons lime or lemon juice
- 1 cup coconut milk (see recipe, page 146)

Pound or chop to a paste the shallots, garlic, chili peppers,



sugar, salt, and lemon rind.

Remove the shells of the eggs carefully and dry the eggs. Heat the oil until it boils and brown the eggs in it. Drain. Place 2 tablespoons of the oil in a skillet; saute the spice mixture 3 minutes, stirring frequently. Add the soy sauce, lime juice, and coconut milk; cook 5 minutes. Pour over the eggs.

### Buffet Featuring Indonesian Food

Gluten in Coconut Cream  
Fried Eggs with Spicy Sauce  
Steamed Rice  
Green Beans in Coconut Milk  
Coconut Sambal Atjar  
Mixed Salad  
Jakarta Delight

### Coconut Sambal (Seroendeng)

- 1 cup chopped onions
- 3 minced garlic cloves
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons powdered ginger
- 2 teaspoons grated lemon rind
- 1 tablespoon oil
- 3 cups flaked coconut
- 1/4 cup heavy cream
- 1/2 cup peanuts

Pound or chop to a paste the onions, garlic, salt, cumin, coriander, ginger, and lemon rind. Heat the oil in a skillet; saute the coconut and spice mixture until delicately browned, stirring almost constantly. Blend in the cream; cook over low heat until dry. Cool and mix with the peanuts. Makes about 3 cups.

### Pickled Vegetables (Atjar)

- 2 cucumbers
- 2 carrots
- 2 green peppers
- 8 small white onions
- 1/2 cup chopped onions
- 3 minced garlic cloves
- 1 1/2 teaspoons tumeric
- 1/2 teaspoon dried ground chili peppers
- 2 teaspoons powdered ginger
- 2 teaspoons salt
- 1/4 cup ground almonds
- 2 tablespoons sugar
- 3 cups lemon juice or kalamansi
- 1 cup water

Peel the cucumber and carrots; slice thin. Cut the green peppers in 1/2-inch strips; quarter the onions lengthwise. Cover the vegetables with boiling water, let stand 1 minute, then drain.

Pound or chop together the chopped onions, garlic, tumeric, chili peppers, ginger, salt, almonds, and sugar. Combine with the lemon juice and water and vegetables in a saucepan. Bring to a boil and cook 10 minutes; cool and let pickle 12-24 hours before serving.

### Coconut Balls

- 1 cup sugar
- 1/3 cup water
- 3 cups flaked coconut

Boil the sugar and water until a thread is formed when fork is dipped in and raised. Stir in the coconut; cook over low heat, stirring frequently until a soft ball is formed when mixture is dropped into cold water.

Drop by the tablespoon onto a greased surface. Cool. Makes about 36 balls.



### Mixed Salad

- 2 green or red peppers
- 1 cup peanuts
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1/4 cup lime or lemon juice
- 1 1/2 cups finely shredded cabbage
- 1 cup shredded escarole or other greens
- 1 cup thinly sliced bamboo shoots
- 1/4 cup thinly sliced scallions
- 1 thinly sliced cucumber
- 2 hard-boiled eggs, thinly sliced

Grind the peppers and peanuts to a paste in a food chopper or blender. Stir in the sugar, salt, and lime juice. In a bowl, combine the cabbage, escarole, bamboo shoots, and dressing. Toss until well mixed. Garnish with the scallions, cucumber, and eggs.

### Coconut Cream Pudding

- 2 tablespoons butter
- 3/4 cup sugar
- 4 tablespoons sifted flour
- 1/4 teaspoon cinnamon
- 6 egg yolks
- 1 1/2 cups coconut cream (see recipe, page 146)
- 6 egg whites, stiffly beaten

Preheat oven to 350° F.

Cream the butter; gradually beat in the sugar. Mix in the flour and cinnamon. Add 1 egg yolk at a time, beating after each addition and until light and fluffy. Gradually add the coconut cream. Fold in the egg whites. Divide among 8 buttered custard cups. Set in a shallow pan of hot water. Bake 45 minutes or until set. Chill and turn out.

### Jakarta Delight

- 6 bananas
- 1 cup orange juice
- 1/2 cup grated coconut
- 1/2 cup dry bread crumbs (or cake crumbs)
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

Place split bananas in buttered baking dish. Mix orange juice and sugar and pour over the bananas. Mix together crumbs, coconut, and spices. Sprinkle over top. Bake for 20 minutes. Serves 6.



### HAWAII

### Barbecued Sweet-Sour Gluten

- 2 to 3 pounds gluten
- Salt
- 1/4 cup coarsely chopped onion
- 1/4 cup coarsely chopped celery
- 1/4 cup coarsely chopped green pepper
- 2 tablespoons butter or margarine
- 1 tablespoon cornstarch
- 1 No. 2 can (2 1/2 cups) crushed pineapple
- 4 tablespoons lemon juice
- 1 tablespoon soy sauce

Spread gluten in shallow pan; salt and pepper lightly; roast in fairly hot oven (400° F.) till brown. Meanwhile, cook chopped onion, celery, and green pepper in butter or margarine about 5 minutes. Sprinkle with cornstarch, stir, then add the crushed pineapple (syrup and all) and cook, stirring, until



it boils. Add lemon juice and soy sauce. Pour off excess fat from roasting pan, then pour the hot pineapple mixture over gluten, put back into oven, and turn down heat to 350° F. Continue cooking, basting occasionally with the sauce in the pan, about 45 minutes, or until gluten is well browned and done. Serves 4 to 6.

### **Gluten Steak Polynesian**

12 pieces gluten steaks, 1/2" thick  
1 cup lemon juice  
1 cup soy sauce  
1/2 cup apple juice  
1 crushed clove garlic  
1 large onion, sliced  
1/4 cup finely chopped ginger or  
1 teaspoon powdered ginger and salt

Soak the steaks, turning occasionally, in the soy sauce, lemon juice, apple juice, ginger, onions, and garlic for about two hours. Remove the steaks, season with salt and pepper, and charcoal broil, or broil in oven. Baste the steaks while broiling with the mixture of soy sauce, lemon and apple juice. Serves 12.

### **Baked Hawaiian Hash**

2 tablespoons brown sugar  
2 tablespoons butter  
1/2 teaspoon tumeric  
1 teaspoon finely chopped ginger root  
or 1/4 teaspoon powdered ginger  
2 cups chopped cooked gluten  
2 cups cubed cooked sweet potatoes  
1/2 cup pineapple juice  
4 slices pineapple

Combine gluten, sweet potatoes, tumeric, ginger, and pineapple juice. Pour into a buttered casserole. Lay half-slices of pineapple on top. Sprinkle with sugar. Dot with

butter. Bake in a moderate oven about 30 minutes. Serves 4.

### **Skewered Tofu Kawai**

1/2 lb. tofu cut in cubes  
1 cup pineapple juice  
1/2 cup soy sauce  
3 tablespoons honey  
1 tablespoon butter  
1 tablespoon minced ginger root  
1 1/2 tablespoons cornstarch

Place the pineapple juice, soy sauce, honey, butter, and ginger in a pan and bring to a boil. Thicken with cornstarch. Place the tofu on skewers, dip in sauce, and broil for a few minutes on each side. Serves 4.

### **Baked Gluten Steaks With Glazed Pineapple Garnish**

Brush 6 or 8 gluten steaks on both sides with soy sauce, then rub in ground ginger. Bake uncovered in a 350° F. oven for 1 1/2 hours. Drain off part of the drippings (which will be flavored with soy sauce and ginger) and add 1/4 cup brown sugar. In the flavorful drippings saute 2 cups (No. 2 can) drained pineapple chunks until glazed. Garnish steaks with glazed pineapple chunks and sprigs of parsley or watercress.

### **Royal Rice Ring**

Wash 2 cups long-grain rice by placing it in a bowl of cold water and rubbing the grains between the palms of the hands. Drain and repeat twice using fresh water. Then cook the rice with 4 cups cold water and 1 teaspoon salt in



a covered saucepan until the water has been absorbed about 15 to 25 minutes. (Do not overcook.) Pack hot rice into a buttered 8 1/2 or 9 inch ring mold. Bake in a very slow oven (275° F.) for 15 minutes. Loosen edges and center of the ring with a knife; dip mold briefly in a large bowl of cold water; place serving platter over mold, then invert. Makes 6 to 8 servings.

### Gluten-and-Pineapple Mystery Packages

For each serving:

- 3 2-inch cubes of gluten
- Salt
- Ground ginger
- 6 chunks canned pineapple, drained
- 1/4 of a green pepper
- 1 small tomato

Sprinkle gluten with salt, and ginger. Place gluten, pineapple, green pepper and tomato on a 12 inch square of foil, and press foil together to form a package. (Or use a moistened sheet of vegetable parchment paper, and tie the package with white cord.) Arrange packages in single layer in baking pan. Bake uncovered in moderate oven (350° F.) for 1 hour. Serve the packages on individual dinner plates, letting each person open his own.

### Broiled Gluten Chops Pacific

- 11 gluten chops
- 1 clove garlic, peeled and mashed
- 3 tablespoons soy sauce
- 2 tablespoons catsup
- 1 tablespoon lemon juice
- 1/3 cup salad oil

Trim gluten; cut into serving-size pieces. Combine remaining ingredi-

ents in shallow pan, mixing with fork. Put in gluten, and turn to coat well. Cover lightly, and store in refrigerator overnight or for several hours. Broil in wire toaster over red coals in outdoor grill, turning frequently, about 15 minutes, or until nicely browned and tender. (If grill is not available or weather is bad, brown quickly and cook tender in a skillet.) Serve immediately. Serves 4.

### Sweet Potato Relish

- 6 cups mashed cooked or canned sweet potatoes
- 1 No. 2 can (2½ cups) crushed pineapple, drained
- 2 teaspoons salt
- 4 tablespoons butter, melted
- 1/2 cup honey or brown sugar
- Nutmeg, to garnish

Combine sweet potatoes with 1 1/2 cups of the pineapple, salt, butter, and honey or brown sugar. Turn into a 2-quart casserole. Sprinkle top with nutmeg and garnish with remaining crushed pineapple. Bake in moderate oven (375° F.) for 40 minutes, or bake along with an oven meal. Serves 8.

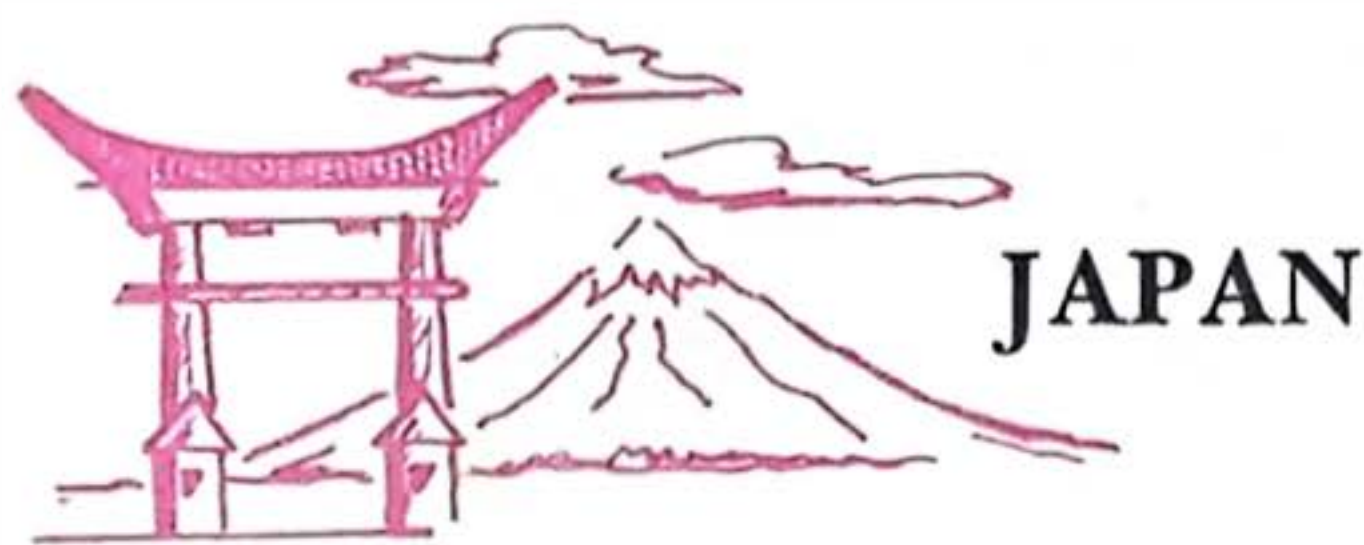
### Gold-stuffed Tomatoes

- 6 large tomatoes
- 6 slices gluten chopped in small bits and browned
- 1/4 cup chopped parsley
- 1 1/3 cups crushed cornflakes
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon grated onion

Cut a slice off the stem end of each tomato; scoop out the centers and chop fine. Fry the gluten until brown, drain, and save the fat.



Chop into small bits. Reserve half the gluten for garnish. Mix the remaining gluten, chopped tomato, fat, pineapple, parsley, corn flakes, salt, pepper and onion. Fill tomato shells and place in a shallow greased baking dish. Bake at 350° F. for 20 minutes. Garnish with bits of brown gluten before serving. Makes 6 servings.



### Tofu With Chrysanthemum Cucumber

- 6 small slices of tofu
- 7 teaspoons salt
- 4 tablespoons soy sauce
- 5 tablespoons apple juice
- 1 tablespoon lemon juice
- 1/2 tablespoon sugar
- 6 small cucumbers
- 1 red pepper

Soak the tofu in 1/2 cup of soy sauce 2 hours prior to broiling. Remove from soy sauce and sprinkle salt on both sides of tofu; then broil on skewers until both sides of tofu are a golden brown. Remove from broiler and dip in soy sauce and 5 tablespoons of apple juice. Repeat this three times; then remove from broiler. Be careful not to burn the tofu. Remove the skin from the cucumbers; then slice lengthwise in 1/2" slices, then sideways, but not through. Sprinkle salt sparingly on the cucumber to soften it. Soak for about an hour in a sauce of 1 tablespoon

vinegar, 1 tablespoon apple juice and 1/2 tablespoon sugar. Arrange the cucumber to resemble a chrysanthemum. Place in the center of the cucumber a small amount of finely chopped red pepper and serve as garnish with tofu.

### Sukiyaki

- 1 1/2 lbs. gluten, cut in thin strips
- 2 tablespoons salad oil
- 1/4 cup sugar
- 3/4 cup soy sauce
- 1/4 cup water, or mushroom stock
- 2 medium onions, sliced
- 1 green pepper, sliced in thin strips
- 1 cup 1 1/2" strips of celery
- 1 can bamboo shoots, sliced thin
- 1 bunch green onions, cut in 1" lengths, including the tops.

Heat oil in skillet, add gluten and brown lightly. Mix sugar, soy sauce, and mushroom stock. Cook half of this with the gluten. Push gluten to one side of pan and add sliced onions, green pepper, and celery. Cook a few minutes; add remaining soy sauce mixture, bamboo shoots, and mushrooms. Cook 3 to 5 minutes. Add green onions. Cook 1 minute more, stir well, and serve immediately over hot rice. Serves 8.

### Teriyaki

- 2 lbs. tofu (firm) thinly sliced
- 1 tablespoon finely chopped fresh ginger root
- 2 cloves garlic, chopped fine
- 1 medium onion, chopped fine
- 2 tablespoons sugar
- 1/2 cup soy sauce
- 1/4 cup water

Cut tofu into serving pieces. Make a sauce from ginger root, garlic, onion, sugar, soy sauce, and



water. Pour over tofu. Let stand 1 to 2 hours. Spread tofu out on a shallow pan and broil 3 to 5 minutes on each side. Serve hot. Serves 6.

### **Nihon Gluten With Bamboo Shoots**

- 1 lb. chopped cooked gluten
- 1 tablespoon soy sauce
- 6 pieces tofu
- 1/2 cup peas
- 1 1/2 lbs. bamboo shoots
- 6 dried or fresh mushrooms
- 1 cup water
- 5 tablespoons sugar
- 1/2 teaspoon salt
- 1 teaspoon vetsin

Boil in 1 cup water sugar, salt and fresh peas for 6 minutes. Cut tofu and gluten in small pieces and boil in this mixture, adding 1 tablespoon of soy sauce, and 1 teaspoon vetsin. Cut the bamboo shoots into pieces lengthwise; add them and whole mushrooms to the mixture; heat thoroughly. Serve over hot rice. Serves 6.

### **Tempura**

- 1 lb. gluten or tofu—cut to size desired
- 1 egg
- 1/2 cup water
- 1/4 cup flour
- 3/4 cup soup stock
- 5 tablespoons soy sauce
- 1 tablespoon vetsin

Mix the egg and water in a bowl. Add the unsifted flour; stir thoroughly, but do not try to get out the lumps. Use the batter immediately after mixing; do not let it stand. Dip gluten or tofu in batter and fry in deep fat. To prepare

sauce, bring to a boil the soup stock, and soy or vegetable sauce. Do not let gluten stand after frying. Serve with sauce and grated horseradish or ginger. Serves 6.

Sliced apples, sliced onions in rings may be dipped in batter and fried. Cauliflower buds, Broccoli flowerettes, French cut green beans, may be dropped into batter then fried by spoonfuls, also.

### **Barbarian Gluten (Kamo-Nanban)**

- 1 lb. gluten, sliced thin
- 3 long green onions, cut in 1" lengths
- 1/2 can bamboo shoots, sliced thin
- 3 cups water
- 1/2 cup soy sauce
- 1 tablespoon vetsin
- 2 tablespoons sugar

Bring to a boil the water, soy sauce, vetsin, and sugar. Add the bamboo shoots and gluten to the liquid and cook until done. Add the green onions. Boil for 5 minutes. Serve very hot over cooked noodles. Serves 6.

### **Salt Grilled Tofu With Ginger**

- 6 slices tofu
- 2 tablespoons finely cut ginger root
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 6 tablespoons soy sauce

Cut tofu into 1 inch cubes and salt. Place on skewers and grill. Grill thoroughly on both sides until well done. Serve with sauce made of ginger root, salt, lemon juice, and soy sauce. Serve 6.



### **Steam in a Tea Cup (Chawan-Mushi)**

1/2 lb. sliced gluten  
12 2-inch pieces tofu cut in small pieces  
3 tablespoons soy sauce  
30 chestnuts or walnuts  
6 dried mushrooms  
4 eggs  
3 cups water  
1/2 teaspoon salt  
3 stalks finely chopped spinach  
1 teaspoon vetsin

Soak the gluten and tofu in 1 tablespoon soy sauce for a short time. Cut up nuts and boil mushrooms, nuts, 4 tablespoons water, 1/2 teaspoon soy sauce with gluten and tofu for about ten minutes. Beat the eggs; add balance of water, vetsin, 2 tablespoons soy sauce, and salt. Divide the boiled ingredients into 6 small bowls and pour the egg mixture over it. Sprinkle the spinach and lemon rind sparingly over the top. Place the bowls in a steam kettle, cover the top, and boil for about 15 minutes. Serves 6.

### **Mother and Son (Oyako-Domburi)**

1/3 lb. sliced cooked gluten  
1/2 lb. mushrooms  
3 onions  
1 cup water  
6 tablespoons soy sauce  
2 tablespoons vetsin  
6 eggs  
1 1/2 lbs. boiled rice

Slice the gluten thin. Slice the mushrooms into pieces 1 1/2" long; slice the onions lengthwise. Boil the vetsin, water, and soy sauce.

Put the gluten, mushrooms, and onions into it. Divide this into 6 portions after it is boiled. Put 1 portion into a frying pan and set on the stove. Beat an egg lightly and add it to the pan. When the egg is cooked, transfer all the ingredients into an individual bowl of hot rice. Repeat this 6 times, as each portion is cooked separately. Serves 6.

### **Nihon Egg Rolls**

2 cups cooked rice  
1 cup tofu  
2 eggs  
Salt to taste  
1/2 teaspoon curry powder or paste  
1/2 small onion, chopped fine

Place the rice in a bowl. Add flaked tofu, eggs, and chopped onion. Stir thoroughly, then add the seasoning. Form into balls and fry. Makes 10 balls.

### **Pink Flower Egg**

Mix well:

4 eggs  
1 teaspoon soy sauce  
1 teaspoon prepared tumeric:  
1 cup mayonnaise  
1/2 teaspoon tumeric  
1/2 teaspoon lemon juice  
1/4 teaspoon salt  
Red coloring

Boil eggs; mash the yolk and white separately. Add red coloring to the white of the egg, making it slightly pink in color. Add soy sauce, and tumeric to the yolk. Place a dry napkin on a flexible table mat, spread the white of the egg over it, and then spread the yolk over the white of the egg.



Roll the mat and tie at each end with string. Steam in a kettle for about 15 minutes. Cool the roll and slice. This is nice served on crackers and used as an appetizer.

### Nihon Eggplant

- 6 small eggplants
- 1 can tomato sauce
- 1 large onion, chopped fine
- Salt to taste

Peel the eggplant and cut into small cubes. Place a small amount of oil in a saucepan and add the eggplant, tomato sauce, chopped onions and salt. Cook until the eggplant is soft; if needed, add a small amount of water. Serves 6.

### Try A Japanese Meal

- Salt Grilled Tofu With Ginger
- Rice
- Tempura Teriyaki
- Nihon Gluten With Bamboo Shoots

### Bird of Fire (Yakitori)

- 1 1/2 lbs. gluten, cut in large cubes
- 1 cup apple juice
- 1 cup soy sauce
- 3 tablespoons sugar

To make sauce, mix apple juice, soy sauce, and sugar and simmer for about 15 minutes. Place gluten on skewers and broil slightly. Brush on sauce and broil again. Repeat this several times. Serves 6.



## KOREA

### Korean Chop Chai

- 3/4 lbs. gluten, cut into 1/4" slices
- 1 large carrot
- 1 lb. dried mushrooms (flat type)
- 1 lb. Chinese noodles
- 1/2 cup soy sauce
- 1 tablespoon sesame seed
- 1 tablespoon sugar
- 5 tablespoons salad oil

Slice all vegetables in 1/4" slices. Fry each vegetable separately, adding a small portion of gluten. Prior to frying, soak dried mushrooms in a small amount of cold water. When mushrooms are softened, fry as before. Soak noodles in hot water for about 5 minutes. Mix all vegetables, gluten, and noodles in a kettle; season with sesame seed and soy sauce. Cook for 5 minutes. Serve either hot or cold as desired. Serves 6.

### Spinach Namnol

- 1 1/2 lbs. spinach
- 1/4 lb. gluten
- Dash red pepper (cayenne)
- 1 green onion
- 1 clove garlic
- 1 tablespoon roasted sesame seed
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon salad oil

Wash spinach well and cook in a little water until tender. Drain well and cut into 2" pieces. Chop gluten fine and add pepper. Chop



onion, including tops, and mix with sesame seed, soy sauce, sugar, and oil. Cook gluten until seared. Mix with gluten, spinach and other ingredients and season with salt. Serve hot.

### **Korean Gluten (Braised Gluten)**

- 3 lbs. gluten, cut into pieces
- 1 clove garlic
- 5 green onions
- 2 tablespoons sesame seed
- 1 cup soy sauce
- 1 tablespoon sugar
- 1 teaspoon vetsin
- 1 egg

Place gluten in kettle; cover with water; add minced garlic, sugar, and soy sauce; cook until soy sauce permeates the gluten (approximately 1 hour). Cut green onions into 1" lengths; place over gluten. Sprinkle sesame seed and vetsin; steam over a low flame until all that remains of the water in the kettle is a thick gravy. Separate the yolk from the white of the egg. Whip the white of egg until it is stiff; add the yolk. Heat a frying pan; add a small amount of oil, fry the egg mixture. Upon completion of the frying, cut the egg into fine strips. When serving the gluten and gravy, place fine strips of egg over the top. Serves 6.

### **Spring Kim Chee**

- 3 heads cabbage
- 3 tablespoons salt
- 3 green onions
- 1 clove garlic
- 1 tablespoon chopped chili pepper  
(use long red peppers)
- 1 tablespoon chopped candied ginger
- 1 1/2 cups water

Wash cabbage and cut into strips 1" wide and 2" long. Sprinkle with 2 tablespoons salt and let stand for half an hour. Cut onions including tops, into 1 1/2" lengths and shred. Chop garlic, red pepper, and ginger into fine pieces. After cabbage has set for 30 minutes, wash twice in cold water. Mix prepared vegetables with cabbage, add 1 tablespoon of salt and enough water to cover the cabbage, and let stand for 7 days in covered crock.



### **CHINA**

#### **Chopsticks—fun for a party**

**How to use:** Hold top stick like a pencil, a little above the middle, small end down. Grip loosely between tips of index and middle finger; anchor gently with the thumb—whole hand must be relaxed. Now practice moving stick a few times till you get the feel of it.

Next slip lower stick into position. Rest it lightly in the V formed by your thumb and index finger and on the first joint of the ring finger. (Resist temptation to touch lower stick with middle finger! Lower stick never moves.

### **Oriental Dinner**

- Mandarin Soup
- Won Ton Oriental Salad Teriyaki
- Green Peas with Chestnuts
- Siamese Fried Rice
- Singapore Pudding



**Mandarin Soup**

1 cup gluten  
 1 tablespoon oil  
 1 cup sliced mushrooms  
 1/2 cup diced carrots  
 1 cup chopped celery  
 6 cups water  
 3 teaspoons margarine  
 1/2 cup chopped spinach  
 1 teaspoon vetsin  
 1 egg, beaten  
 2 tablespoons cornstarch  
 1/4 cup water

Slice gluten into matchlike strips. Heat the oil in a saucepan; saute the gluten for 5 minutes. Add the mushrooms, carrots, and celery; saute 5 minutes. Stir in the water, spinach, and vetsin; bring to a boil. Add the egg, stirring briskly. Mix the cornstarch with the water and add to the soup, stirring constantly until slightly thickened. Taste for seasoning. Serves 6-8.

**Fried Diced Gluten With Walnuts**

1/2 pound gluten  
 6 mushrooms (big)  
 1 cup walnuts  
 2 tablespoons soy sauce  
 1/2 tablespoon cornstarch  
 1 teaspoon salt  
 1/2 teaspoon sugar  
 1 cup cooking oil

Shell and dice the walnuts. Heat the oil and fry the nuts until they are a golden brown. Remove from the fire and blot on heavy paper. Dice the gluten and place about 4 tablespoons of oil in a frying pan, pouring in the diced gluten when the oil is smoking hot. Stir for one minute. Have the cornstarch, sugar, salt, and soy sauce thoroughly

mixed together and pour the mixture over the frying gluten. Soak the mushrooms in hot water for about 10 minutes and dice them. Add them to the mixture in the frying pan and stir for 5 minutes until the mushrooms are tender. Remove from fire. Mix in the deep-fried walnuts before serving. Serves 4.

**Egg-Flower Soup**

4 cups water  
 2 teaspoons margarine  
 2 eggs  
 2 teaspoons oil  
 2 chopped scallions (or young onions)  
 2 tablespoons soy sauce  
 1 teaspoon lemon juice  
 2 teaspoons vetsin

Bring the water to a boil. Beat the eggs and oil together, and pour into the broth in a slow, steady stream. Stir in the scallions, soy sauce, lemon juice, vetsin. Bring to a boil again and serve. Serves 4-6.

**Gluten Balls With a College Education**

1 lb. gluten, ground  
 1 egg  
 2 tablespoons flour  
 1 teaspoon salt  
 1 1/2 tablespoons onion, chopped fine  
 3 green peppers, cut in large pieces  
 Salt and pepper to taste  
 4 slices of pineapple, cut into cubes  
 1 cup water  
 3 tablespoons cornstarch  
 2 teaspoons soy sauce  
 1/2 cup lemon juice  
 1/2 cup sugar  
 1 teaspoon vetsin  
 1 teaspoon margarine

Mix the gluten, egg, salt and pepper, and onions. Make into balls,



roll in flour, and fry until a light brown. After gluten is browned, add 1/3 cup water, 1 tablespoon oil, cubed pineapple, and green peppers. Simmer over low flame for a few minutes. Make a sauce of cornstarch, lemon juice, soy sauce, sugar, and 2/3 cup water and vetsin and margarine. Stir well. Add to the gluten balls. Heat thoroughly. Serves 6.

### Sweet-Sour Tofu

- 1 lb. tofu (firm)
- 3 cups of oil
- Cornstarch paste, 1/2 cup water, 1/2 cup cornstarch (Use more cornstarch if necessary to make a paste consistency.)
- 3 tablespoons oil
- 1 cup sugar
- 2 tablespoons cornstarch
- 4 tablespoons soy sauce
- 2 cups lemon juice
- 1 large onion, chopped fine
- 3 tablespoons chopped ginger

Make diagonal slashes on each side of tofu. Dredge well with the cornstarch paste. Heat pan, add oil, hold the tofu over the pan of deep fat, and baste the slashes with hot oil until brown. Then fry in deep fat until crisp. Prepare sweet and sour sauce by mixing oil, sugar, cornstarch, soy sauce, and lemon juice. Add onions and ginger and boil for a few minutes. Pour over tofu. Serves 6.

### Dumplings (Won Ton)

- 2 cups sifted flour
- 1 teaspoon salt
- 1 egg, beaten
- 1/3 cup water

Sift the flour and salt into a bowl; stir in the egg. Gradually add

the water, mixing lightly until a dough is formed. It may not be necessary to add all the water. Knead on a lightly floured surface until very smooth. Cover with a bowl and let stand 30 minutes. Roll out as thin as possible and cut into 2-inch squares. Place a tablespoon of filling in the center and fold over into a triangle; press edges together and seal. Cook in boiling salted water or soup for 15 minutes. Makes about 20.

#### Filling:

- 1/2 pound gluten, finely ground
- 1 egg, beaten
- 3 water chestnuts, finely chopped
- 2 finely chopped scallions
- 1 tablespoon soy sauce
- 1/2 teaspoon salt

Mix all the ingredients together and proceed as directed.

### Tofu Foo Yung

- 1 cup tofu, cubed
- 1 cup onions, chopped fine
- 1/4 cup water chestnuts, sliced thin
- 1/2 cup mushrooms, sliced thin
- 5 eggs
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1/4 cup water
- 1/4 teaspoon sugar
- 1/4 teaspoon vetsin
- 1/4 teaspoon margarine

To make the foo yung, beat eggs with tofu, onions, chestnuts, and mushrooms until thick. Add 2 tablespoons soy sauce and continue to beat. Place a small amount of oil in a shallow pan; when the pan is hot enough, pour the mixture into the pan. Brown on both sides. Serve hot with sauce made by simmering the following ingredients over a low flame: 1 tablespoon soy



sauce, cornstarch, bouillon, sugar, vetsin and margarine. Serves 6.

### Ch'ao Mien

- 1 lb. gluten, diced
- 1 teaspoon salt
- 2 tablespoons fat
- 1 medium onion
- 1 cup finely chopped celery
- 1/2 cup mushrooms, thinly sliced
- 1 can bean sprouts
- 1 can bamboo shoots
- 2 cups water
- 1 tablespoon flour
- 1 tablespoon water
- 1 tablespoon sugar
- 2 tablespoons soy sauce
- 1/4 cup toasted almonds

Brown gluten, season, then add fat, sliced onion, celery, mushrooms, drained bean sprouts, and bamboo shoots. Cook until vegetables are golden brown. Add water and simmer 20 to 30 minutes. Slowly stir in flour blended with water. Cook 10 minutes. Add sugar and soy sauce to taste. Top with toasted almonds. Serve hot over fried noodles. Serves 6.

### Spring Rolls

- 8 large mushrooms, fresh or dried
- 1 onion, chopped fine
- 1/2 can bamboo shoots
- 1/2 lb. bean sprouts
- 1 tablespoon ginger, chopped fine
- 1/2 lb. gluten, dredged with:
- 1 tablespoon soy sauce
- 1 tablespoon apple juice
- 1 teaspoon salt
- 1 tablespoon cornstarch

Cut bamboo shoots and mushrooms; saute them; then add 4 tablespoons soy sauce. Saute onions and mushrooms. Saute the gluten with the vegetables and ginger.

Spread 1 1/2 tablespoons of the gluten and vegetable mixture on a pancake. Fold sides and roll, moistening the edges with water to hold them together. Fry the rolls in deep fat until brown. To prepare pancake batter, beat 6 eggs, 2 cups water, 2 cups flour, and 1 teaspoon salt. Heat a small frying pan with 1/2 teaspoon of oil; pour a very small amount of batter in the bottom of pan. The pancake should be very thin; it should cook in less than a minute, only long enough to set. Continue until the desired number is reached. Lumpia wrappers may be used. Serves 6.

### Fried Noodles

- 6 dried mushrooms (Chinese, if available)
- 1/2 pound tofu
- 2 tablespoons soy sauce
- 1 teaspoon minced ginger root
- 1 tablespoon cornstarch
- 5 tablespoons oil
- 1 cup sliced bamboo shoots
- 1 cup shredded cabbage
- 1 1/2 teaspoons salt
- 3 cups cooked fine noodles, chilled

Soak the mushrooms in hot water 20 minutes. Drain and slice. Dice the tofu and mix with the soy sauce, ginger, and cornstarch. Heat 2 tablespoons oil in a skillet. Cook the bamboo shoots, cabbage, mushrooms, and salt 5 minutes, stirring frequently. Remove from pan. Heat 1 tablespoon oil in the same skillet; saute the tofu 3 minutes. Return vegetables and cook 1 minute. In a separate skillet, heat the remaining oil. Add the noodles; fry 5 minutes turning them frequently. Stir in the tofu mixture. Cook over high heat 2 minutes, stirring almost constantly. Serves 4-6.



## Green Beans Mandarin

- 1 lb. can cut green beans
- 2 tablespoons blanched almond halves
- 1 tablespoon oil
- 1/2 cup coarsely sliced celery
- 2 teaspoons vetsin
- 1 teaspoon soy sauce
- 1 teaspoon sugar
- 1 teaspoon lemon juice
- 2 teaspoons cornstarch mixed with  
1 tablespoon water

Pour liquid from beans—save it. Lightly brown almonds in oil; add celery and saute 2 minutes. Add 1/2 cup bean liquid, chicken seasoning, soy sauce, sugar and vinegar. Cover, simmer 3 minutes. Stir in beans; heat until hot. Add cornstarch mixed with water; heat just until sauce thickens. Serves 4. Delicious with broiled soy chicken.

## Oriental Salad

This salad will keep several days in the refrigerator—just cover; leave in dressing—

- 2 teaspoons salt
- 2 medium cucumbers, sliced paper thin  
(2 cups)
- 2 cups shredded carrots
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1/4 cup lemon juice

Sprinkle 2 teaspoons salt over cucumbers. Chill thoroughly, 1 hour or longer. Drain in sieve, pressing with paper towels to remove as much moisture as possible.

Sprinkle carrots with 1/4 teaspoon salt. Combine sugar and lemon juice, stirring to dissolve sugar. Place cucumbers in one side of bowl and carrots in other side; pour lemon juice mixture over. Chill at least 1 hour.

To serve, drain, reserving liquid to pass as dressing; arrange carrots in center of cucumber ring. Trim with radish roses, if desired. Makes 5 servings.

## Chinese Peas With Water Chestnuts

Heat 1 tablespoon salad oil in skillet; fry 1/3 cup finely chopped gluten. Add 2 cups Chinese green peas, 1/2 cup finely sliced water chestnuts, and 1 teaspoon vetsin. Add 1 cup water, 1 teaspoon soy sauce, 1 teaspoon margarine.

Steam, covered, over high heat about 3 minutes. Combine 1 tablespoon cornstarch with 2 tablespoons cold water. Push vegetables to one side; add cornstarch mixture to broth. Cook and stir till slightly thick. Salt to taste. Makes 3 to 4 servings.

## Jin Mah Bang Sesame Seed Cakes

- 2 cups flour
- 1/2 cup fat (vegetable)
- 1/2 cup sugar
- 1/2 cup sesame seeds
- 1/2 teaspoon baking powder
- 2 eggs

Sift flour and baking powder onto pastry board. Make well in center and stir in sugar, 1 egg and strained fat. Work mixture into dough. Knead like bread. Roll dough into 1/2" round roll and cut into 1/2 inch sections. Roll into ball and press flat. Beat 1 egg yolk and brush cookie with it. Drop onto sesame seeds and press them on. Brush with beaten egg white and bake on greased baking sheets for about 15 minutes in oven 350° F.





## SOUTHEAST ASIA

### Siamese Fried Rice

- 2 cups cooked rice
- 1 large onion
- 2 eggs
- 1 green pepper
- 1/2 cup chopped gluten or tofu
- Salt

Chop onion in small pieces and fry until a golden brown. Remove from pan, chop green pepper into small pieces, and fry until done. Remove the green pepper from pan and scramble two eggs. Season to taste. Saute the chopped gluten, add cooked rice, fried onions, green pepper, and scrambled eggs. Mix and heat thoroughly. Soy sauce may be added if desired. Serves 5.

### Singapore Pudding

- 1/2 cup tapioca
- 2 cups milk
- 1/4 cup sugar
- Rind of 1/2 lemon
- 2 large baked apples
- 2 eggs
- 1/2 cup crushed pineapple
- 1/3 cup cream
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon

Place the tapioca in a double boiler. Add the milk, sugar, and lemon rind. Cook until tapioca becomes tender. Run the baked apples through a sieve; add pulp of apples to tapioca. Separate the

eggs and add beaten yolks to tapioca. Add pineapple, cream, and spices. Beat the whites of the egg until stiff and fold into the tapioca. Pour into a buttered baking dish. Bake slowly 1/2 hour. Serve hot with a dash of whipped cream. Serves 4.

### Siamese Fried Beans

- 1 onion
- 2 tablespoons cooking oil
- 2 cups cooked lima beans
- 2 cups cooked string beans
- 1 can tomato sauce
- 1/2 cup large kernel corn
- 1/2 teaspoon paprika
- Dash cayenne pepper
- 1/2 teaspoon salt

Fry onion in oil until a golden brown. Add other ingredients. Serve piping hot. Serves 6.

### Curried Tofu Malayan

- 1 sliced onion
- 1 tablespoon butter
- 2 tablespoons curry paste
- 2 tablespoons minced ginger
- Salt to taste
- 1 chili pepper, chopped fine, long kind
- 1/2 cup water
- 1 cucumber, cubed
- 1 lb. tofu cubed
- Juice of 1 lemon
- Pinch cayenne pepper
- 1 cup milk

Fry onion until a golden brown. To the water, add curry paste, ginger, salt, and chili pepper. Add to onion. Simmer for 15 minutes. Then add cucumber, tofu, lemon juice, and cayenne. Add milk; stew until tender. Serve over hot fluffy rice. Serves 6.



## Malayan Dinner

1/2 cup onion  
 1 teaspoon vetsin  
 1 lb. gluten, cut in cubes  
 1 small onion, chopped  
 1 cup milk  
 1 teaspoon curry powder  
 Salt to taste  
 1 tablespoon flour  
 1/2 cup water  
 Cooked rice  
 Chopped onions  
 Chopped tomatoes  
 Chopped celery  
 Chopped cucumber  
 Chopped hard-boiled eggs  
 Crushed pineapple  
 Sliced bananas  
 Grated coconut

Simmer gluten in 1 quart of water for 1/2 hour. Add chopped onion for flavoring and vetsin. To the water, add milk, salt, and curry powder. Make a paste of flour and water and add to the soup stock. Add more curry powder if needed: Simmer gravy until piping hot. Add cubed gluten. Spoon the gluten and gravy over hot, fluffy, cooked rice. Add on top, layer by layer, the following ingredients: onions, tomatoes, celery, cucumbers, hard-boiled eggs, peanuts, pineapple, bananas, coconut. Serves 8.

## Rangoon Stuffed Tomatoes

6 tomatoes, large, peeled  
 1 cup tofu, mashed  
 1/2 cup mayonnaise  
 1/3 cup crushed pineapple

Cut top off tomatoes; scoop out cores. Mix the other ingredients together and use as stuffing. Serves 6.



## INDIA and CEYLON

### Indian Stew

1 lb. gluten, cut into 1 1/2" cubes.  
 1/4 cup flour  
 1 teaspoon salt  
 1/4 cup vegetable oil  
 4 small onions, peeled  
 1 green pepper, sliced  
 1 cup sour cream  
 2 teaspoons curry paste

Dredge the cubed gluten in a combination of flour, salt, and pepper. Fry the gluten in a skillet until a light brown. Add water, simmer about 15 minutes. Add onions and green pepper and continue to cook for about 30 minutes. Combine sour cream, curry paste, stir into the stew, and cook for 1 minute. Season to taste. Serve over hot rice. Serves 4.

### Gluten Curry

4 cups cubed gluten  
 1 package frozen lima beans or any other beans or peas.  
 4 tomatoes cut in cubes  
 1 medium potato, scraped and cubed  
 2 medium onions, chopped fine  
 4 cloves of garlic, chopped fine  
 2 tablespoons curry powder, mixed with water to a thick paste  
 3 tablespoons oil  
 3 cups coconut milk, or regular milk if coconut milk is not available.

Put the oil in a pan; when it gets hot add the onions and garlic and fry to a golden brown. Then add the curry powder mixture and fry



for 2 minutes. Add the tomatoes, cook covered for 5 minutes, then add the vetsin and liquid. Add all the other ingredients and let it gently simmer till the vegetables are cooked and the red oil comes to the top. Serve with rice.

### Vegetable Curry

- 1/2 pound peas
- 4 large potatoes
- 1 medium onion
- 3 garlic pods
- 2 tablespoons shortening
- 1 piece ginger
- 2 green chilies
- 3/4 teaspoon curry powder
- 1 1/2 teaspoons coriander
- 1 teaspoon salt

Shell peas; if necessary, frozen or canned peas may be used. Cut potatoes in fours. Slice onion, garlic, ginger and green chilies. Brown sliced ingredients and add spices. Fry until onions are about half done. Add peas, potatoes and salt. Fry 5 minutes. Add 2 1/2 cups water (part tomato juice if desired). Cook over low fire until tender.

### Potato Curry (Alu Turgarri)

- 3 tablespoons butter
- 1 1/2 teaspoons tumeric
- 4 potatoes (1 1/4 pounds) peeled and quartered
- 1/2 cup water
- 1 1/2 teaspoons salt
- 1/4 teaspoon dried ground chili powder

Melt the butter in a skillet; stir in the tumeric and add the potatoes. Saute until delicately browned. Add the water, salt, and chili peppers. Cover loosely and

cook over low heat 10 minutes or until tender. Serves 4.

### Madras Egg Curry

- 4 teaspoons butter
- 1/2 cup chopped onions
- 1 minced garlic clove
- 1 tablespoon Indian curry powder
- 1 teaspoon tomato paste
- 1 1/2 cups milk
- 1 teaspoon salt
- 6 hard-cooked eggs, cut in half lengthwise

Melt the butter in a skillet; saute the onions and garlic 5 minutes. Blend in the curry powder and tomato paste; cook, stirring constantly for 1 minute. Cook over low heat 10 minutes. Add the salt and eggs; heat. Serves 3-6.

### Curried Gluten Patties

- 2 lbs. gluten, chopped
- 1 large onion, chopped fine
- 1 hard-boiled egg
- 1 teaspoon curry paste
- Salt to taste

Grind (using the coarse grind) onion, egg, and gluten; add curry paste and salt. Place in the refrigerator overnight. Form into small patties and fry in deep fat. Serves 6.

### Rice Pilau

- 2 cups rice
- 1/2 cup oil
- 1 finely chopped onion
- 1/2 teaspoon garlic powder
- 6 whole cloves
- 6 cardamom seeds
- 2 one-inch pieces stick cinnamon
- 1/2 teaspoon tumeric
- 1/4 cup blanched almonds
- 1/2 cup golden raisins
- 2 teaspoons salt



Wash rice thoroughly in cold water. Drain. Add onion to oil and cook until transparent. Add rice and continue cooking, stirring constantly for 5 minutes. Add 4 cups of boiling water and all the spices. Include the garlic powder. Cover and cook gently until all water is absorbed (about 30 minutes). Meanwhile, in a small amount of additional oil, add almonds and cook, stirring, until almonds are golden brown. When rice is done, add almonds and raisins and mix well. Serves 8.

### **Lentil Soup (Purpoo Mulligatunny)**

- 1 cup lentils
- 6 cups water
- 2 cups water
- 1 teaspoon vetsin
- 2 tablespoons butter
- 1/2 cup chopped onions
- 1 minced clove garlic
- 1 teaspoon salt
- 1/4 teaspoon dried ground chili peppers
- 2 teaspoons Indian curry powder
- 1 teaspoon lemon or lime juice

Wash lentils thoroughly, combine with water in a saucepan. Bring to a boil and cook over low heat 1 hour or until tender. Melt butter in a skillet. Saute the onions and garlic five minutes. Blend in the salt, chili peppers and curry powder. Cook 2 minutes, then add to the soup; cook over low heat 20 minutes. Puree in an electric blender, or force through a food mill or ricer or may be mashed through a strainer. Taste for seasoning and add lemon juice. If too thick add a little more water. Add the teaspoon of vetsin after pureeing the lentils.

### **Gagreli (Carrot-Sweet)**

- 2 pound grated carrots
- 1 can condensed milk
- 1/4 cup water
- 1/2 cup grated coconut
- 1 pound sugar
- 1/4 pound margarine, or one stick
- 1/2 cup raisins

Boil the grated carrots, condensed milk, water and sugar together until almost dry, stirring continuously to prevent burning. Add margarine and cook again, until almost dry. Add raisins and grated coconut. Spread in a shallow greased pan and cut into squares or diamond shape pieces when almost cool. Cooking time: 30 minutes. Serves 8-12.

**Note:** Indian desserts are all of the cook-over-the-fire variety; nothing bakes. Foreign desserts such as cake and ice-cream are always enjoyed, but not part of the national tradition.

### **Stuffed Pastries (Samosas)**

#### **Filling:**

- 1 minced garlic clove
- 1/2 cup minced onions
- 2 tablespoons butter
- 1/2 pound gluten, ground
- 1 tomato, chopped
- 1 teaspoon salt
- 1 tablespoon Indian curry powder (if curry powder is hot, use less)
- 1/8 teaspoon dried ground chili peppers (may be omitted if hot foods are not relished)
- 1 tablespoon finely chopped parsley

Saute the garlic and onions in the butter 5 minutes. Add the gluten and cook over high heat until browned. Mix frequently. Add the



tomato, salt, curry powder, chili peppers, and parsley. Cook over medium heat 5 minutes. Drain, if any liquid remains. Taste for seasoning and cool.

**Pastry:**

- 1 3/4 cups flour, sifted
- 1 teaspoon salt
- 3 tablespoons butter, melted
- 1/3 cup yogurt or sour cream
- Fat for deep frying

Sift the flour and salt into a bowl; stir in the butter and yogurt. Knead gently until a dough is formed. Cover with a bowl and let stand 30 minutes.

Roll out as thin as possible and cut into 4-inch squares. Place a heaping teaspoon of the filling on each and fold over into triangles. Seal the edges with cold water and fork. Heat the fat to 375° F. and fry a few at a time until browned. Drain and keep hot while preparing the balance. Makes about 24.

### **Egg lant Relish (Brinjal Boortha)**

- 1 medium eggplant
- 1/2 cup finely chopped onions
- 1/4 cup finely chopped green peppers
- 1 tablespoon oil
- 1/4 cup flaked coconut
- 1 1/2 teaspoons salt
- 1/4 teaspoon dried ground chili peppers
- 3 tablespoons heavy cream
- 2 tablespoons lemon juice

Bake the eggplant in 350° F. oven 1 hour. Cool and peel. Saute the onions and green peppers in the oil for 5 minutes. Rinse the coconut under cold water. Chop together the eggplant, sauteed vegetables, coconut, salt, and chili peppers. Blend in the cream and lemon

juice and chop until very fine. Taste for seasoning and chill. Makes about 3 cups.

### **Spicy Kababs (Massale Dar Kababs)**

- 1 1/2 pounds gluten, ground
- 1 cup minced onions
- 1 1/2 teaspoons salt
- 1/4 teaspoon powdered ginger
- 1 1/2 teaspoons tumeric
- 1 1/2 teaspoons ground coriander
- 1 cup yogurt or sour cream
- 1/4 cup flour
- 4 tablespoons butter

Mix together the first 7 items. Roll into sausage shapes, 1 inch in diameter and 4 inches in length. Dip in the remaining yogurt and then in flour. Melt butter in skillet. Cook the kababs over low heat until brown on all sides. Makes about 12 kababs. Makes excellent hot hors d'oeuvres.

### **Sambal Dressing**

Sambals are served as an accompaniment to curries and other Indian dishes. You can use any left-over cooked vegetable, sliced tomatoes, or cucumbers, in the dressing. Combine with the dressing 1 hour before serving and sprinkle with a little flaked coconut.

- 2 tablespoons oil
- 1 cup minced onions
- 1 minced garlic clove
- 1 teaspoon tumeric
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried ground chili peppers
- 1 teaspoon salt

Heat the oil in a skillet; saute the onions, garlic, tumeric, cumin, chili peppers, and salt over very low heat until soft but not brown.



## Indian Bread (Chapattis)

1 cup sifted flour (whole wheat, if available)  
1/8 teaspoon salt  
1/2 cup water

Shift the flour and salt into a bowl; gradually work in just enough water, using the fingers, to make a soft dough. Divide into 10 pieces and flatten into circles on a lightly floured surface. Cover with a towel and let stand 20 minutes. Roll out as thin as possible.

Heat an ungreased skillet or gridle and place the circles on it. Bake over low heat, turning frequently until crisp and browned. To flatten, press down gently with a spatula or paper towel.

## Ceylon Surprise Cocktail

1 avocado  
1 fresh grapefruit or orange (or canned)

Peel and cube ripe avocado. Peel and divide the grapefruit into segments; remove the seeds. Mix together in a bowl 1 cup of mayonnaise, 1/2 cup of chili sauce, juice of 1/2 lemon. Add the fruit to this mixture. Serve in fruit cocktail glasses. Chill and serve. Serves 6.

## Colombo Coconut Cup

1 can pineapple, cubed  
4 bananas, sliced (remove the seeds)  
1/2 cup grated coconut, toasted

Mix fruit. Serve in fruit cocktail glasses. Sprinkle toasted coconut over the top. Serves 6.



## MIDDLE EAST

## Pineapple a la Karachi

1 fresh pineapple  
1/4 cup sugar  
1/4 cup maraschino cherry juice

Cut top off pineapple. Run sharp knife around edge inside of pineapple, loosening the fruit from sides. Scoop out and cut into cubes. Place cubed pineapple into a bowl; add sugar. Mix thoroughly. Place the cubed pineapple back inside the shell. Put top back on pineapple and place in refrigerator to chill. To serve, remove top and spoon into fruit cocktail glasses.

## Falafil

2 cups garbanzos, or lentils soaked overnight or longer  
1 bunch parsely  
1 onion  
Salt  
Clove garlic  
1/2 teaspoon soda

Put all ingredients through grinder or whiz in liquifier. Then form into patties and fry. Will make a delicious economical protein dish. Number of servings: 5.

## Puris (Fried Bread)

2 cups sifted flour (can be 1/2 wheat and 1/2 white or all white)  
1 teaspoon salt  
1/4 cup melted shortening



Sift flour with salt into large bowl. Add shortening, mix well. Stir in about 6 tablespoons water, mixing to make a soft, pliable dough. On lightly floured surface, knead dough 5 to 7 minutes, or until it is shiny and satiny. Then roll out dough about 1/2 inch thick and cut in 3-inch circles. In deep skillet heat oil and when oil is hot deep fry dough rounds until golden brown. Turn. Fry on one side and then the other. Drain and serve with a rice-and-curry meal.

### Fresh String Bean Curry

#### Melt

2 tablespoons butter or shortening in medium sized sauce pan on a very low flame.

#### Add

1 small clove of garlic, finely sliced

#### Blend in

1 1/2 teaspoons curry powder

1 1/2 teaspoons salt

1/4 teaspoon sugar

1/4 teaspoon dry mustard (optional)  
(Do not overheat)

#### Add

1 1/2 lbs. string beans (washed and broken into 1 1/2 inch pieces.)

1/2 small green pepper, chopped

Cook vigorously for 15 minutes, stirring frequently. Add 1 cup of hot water, cover and steam on a low flame for 25 minutes, or until tender. Do not overcook. Serve with rice.

### Bananas in Syrup

1 cup sugar

2 tablespoons water

8 firm bananas

1 1/2 cups coconut cream (see recipe, page 146)

1/8 teaspoon salt

Cook the sugar and water over low heat until syrupy. Peel the bananas and arrange in a deep skillet. Pour the syrup over them; bring to a boil. Add the coconut cream mixed with the salt; cook over medium heat until cream is absorbed, turning the bananas frequently. Serves 8.

### Cucumber Salad (Thanhat)

4 cucumbers

6 tablespoons lemon juice

1 tablespoon salt

1/2 cup oil

4 onions thinly sliced

4 garlic cloves, sliced

1 teaspoon turmeric

1 tablespoon sugar

1/2 teaspoon freshly ground black pepper

Peel the cucumbers, cut in half lengthwise and then crosswise. Remove the seeds. Cover the cucumbers with hot water and add 3 tablespoons lemon juice. Bring to boil and drain cucumbers as soon as they turn transparent. Sprinkle with the salt.

### Garbanzo Croquettes

1 cup garbanzos (or 1 can) (also called chick peas.)

1 medium potato, boiled

1 onion

1 cup chopped parsley

2 tablespoons olive oil

Run potato, onion and garbanzos through food grinder. Mix in parsley and mold into small patties. Fry in olive oil. Serve in sandwiches as you would hamburgers. Good with lettuce and catsup or sesame sauce.



## Mixed Vegetables

- 4 tablespoons sesame seeds
- 6 tablespoons oil
- 2 onions, sliced
- 1 pound green beans, cut in 1/4-inch length
- 1/2 pound okra
- 1 cup sliced bamboo shoots
- 1 pound spinach

Put the sesame seeds in a small skillet and keep over low heat until lightly browned; shake pan frequently. Remove and set aside.

Heat 4 tablespoons oil in the skillet; brown the onions in it.

Drop the green beans into boiling, salted water and cook 5 minutes. Drain. Drop the okra into boiling, salted water and cook 5 minutes. Drain. Heat bamboo shoots in its own liquid. Drain. Cook the spinach in the remaining oil for 3 minutes. Arrange separate mounds of the vegetables with a few sauteed onions and sesame seeds on each. Serves 6-8.

## Rice and Nuts

- 1 1/2 cups rice
- 2 1/4 cups water
- 1 teaspoon salt
- 3/4 cup blanched chopped almonds
- 1/4 cup pine nuts (or other nuts as available)
- 4 tablespoons honey
- 2 tablespoons oil
- 2 tablespoons soy sauce

Wash the rice under cold running water. Combine in a saucepan with the water and salt. Cover, bring to a boil and cook over low heat 25 minutes or until rice is tender and dry. Lightly brown the almonds and nuts in the oil. Add

to the rice with the honey and soy sauce. Toss lightly with 2 forks. Serve in place of a vegetable. Serves 4-6.

## Batter Fried Bananas (Kluay Khark)

- 1 cup rice flour
- 1/8 teaspoon salt
- 1/2 cup coconut milk (see recipe, page 146)
- 1 tablespoon oil
- 2 egg yolks
- 2 egg whites, beaten stiff
- 1/2 cup flaked coconut
- 5 bananas peeled and sliced in 1-inch lengths
- Fat for deep frying

Sift the flour and salt into a bowl; beat in the coconut milk, oil, and egg yolks until smooth. Fold in the egg whites and coconut. Dip the bananas into the batter. Heat the fat to 380° F. Fry a few pieces at a time until delicately browned. Drain and serve hot. Serves 4-6.

## Beans and Rice

- 1 cup kidney beans
- 1 onion
- 2 garlic cloves
- 2 teaspoons salt
- 1/8 cup oil
- 2 cups cooked rice
- 1/2 cup water
- 1/4 teaspoon dried ground chili pepper
- 1 teaspoon vetsin

Wash the beans and cover with water. Bring to a boil; remove from heat and let soak 1 hour. Add the onion, garlic and salt. Bring to a boil; again cover and cook over low heat 1 1/2 hours or until very tender. Force the undrained beans through a sieve or puree in an electric blender. Heat the oil in a skil-



let; add the pureed beans and cook over low heat 5 minutes, stirring frequently. Stir in the rice, broth and chili peppers. Cook 5 minutes. Taste for seasoning. Serves 6-8.

### Hi Fe (Iron)

- 2 cups black-eyed peas cooked with salt (or other beans or lentils would be fine)
- 1 bunch parsley, chopped
- 1 onion, chopped
- 1 tomato, chopped

Toss together and season with salt, lemon juice and olive oil. Serves 5.



## RUSSIA

### Borscht

- 1 lb. gluten, cut into cubes
- 3 quarts water
- 1/4 lb. margarine
- 1 tablespoon vetsin
- 3 carrots
- 12 medium-sized beets
- 3 stalks celery
- 1 cup shredded cabbage
- 2 onions
- 6 sprigs parsley
- 2 cloves garlic
- 1 teaspoon thyme
- 1 bay leaf
- Salt

Make soup stock by boiling gluten, margarine, vetsin in water with a dash of salt. Into the soup stock, place a small bag containing chopped garlic, parsley, bay

leaf, and thyme. Chop fine all vegetables and tofu and place in soup stock. When the vegetables have been thoroughly cooked, strain the stock. Beat stiffly 3 egg whites, fold gently into the stock, and cook for an additional 15 minutes. To serve, add 1 tablespoon whipped cream to each portion with a dash of horseradish. Serves 8.

### Gluten Stroganoff

- 1 1/2 lbs. gluten, cut in 1/2" strips
- 1/4 cup flour
- 1 teaspoon salt
- 2 small onions, chopped fine
- 1/2 lb. mushrooms, cut in small pieces
- 1 clove garlic, chopped fine
- 3 tablespoons fat
- 2 tablespoons flour
- 1 can vegetable bouillon or 1 1/2 cups water
- 1 tablespoon Worcestershire sauce
- 1 cup sour cream
- 1 teaspoon vetsin

Dredge gluten in flour and salt. Fry onions, mushrooms, and garlic in fat for 5 minutes. Add gluten, brown; then remove gluten, onions and mushrooms from pan. Mix 2 tablespoons flour with the drippings; add bouillon or water and vetsin and Worcestershire sauce. Cook until thickened. Add sour cream and heat until gravy begins to simmer. Add the gluten and vegetables; continue to cook until piping hot. Serve over hot cooked rice. Serves 6.

**Gluten Stroganoff has that "Old World" flavor, yet is a completely meatless dish.**







**Russian Grill**

1 1/2 lbs. cubed gluten  
 1/2 cup French dressing  
 1 clove garlic  
 1/2 lb. button mushroom (canned)  
 4 squares tofu  
 1 teaspoon salt  
 1/4 teaspoon pepper

Add chopped garlic to the French dressing; pour dressing over the cubed gluten; let stand 1 hour in the refrigerator. Cut tofu into 1" pieces. Alternate gluten and mushrooms on metal skewers. Allow space between for thorough cooking. Season with salt and vetsin. Broil about 15 minutes. Serves 6.

**Russian Eggplant Caviar**

1 eggplant  
 2 onions, chopped fine  
 5 tomatoes  
 Parsley  
 Salt to taste

Place the eggplant in a pan and bake until soft. Remove skin from eggplant and chop fine. Fry the onions until a golden brown; add tomatoes, eggplant, parsley, and seasoning. Cook until thick. Serve cold on lettuce.

**Piroshki**

2 chopped onions  
 1/2 lb. ground gluten  
 1/2 cup chopped mushrooms  
 Salt to taste

Fry onions until a light brown; add gluten; brown slightly. Add chopped mushrooms and seasoning. Make a rich flaky pie dough, by mix-

ing 1/2 cup butter, 1/2 cup of sour cream, 1 egg, and 1 1/4 cups flour or enough to absorb the moisture. Cut 3" squares. Fold over and seal with water. Bake in oven for 25 minutes. Serve with gravy made from canned mushroom soup.

**Gluten Pilaf**

1 1/2 cups slivered gluten  
 3/4 cup uncooked rice  
 3 tablespoons butter  
 2 cups hot water  
 1 tablespoon chopped onion  
 2 teaspoons Worcestershire sauce  
 1 teaspoon vetsin

Wash rice thoroughly. Melt butter in heavy skillet. Add rice and heat until golden brown. Add water, vetsin, onion, and Worcestershire sauce. Heat to boiling. Add gluten and place in casserole. Bake in a moderate oven about 40 minutes. Serves 4.

**Russian Cabbage Rolls**

1 lb. gluten, ground  
 1/2 lb. ground tofu  
 3 cups cooked rice  
 1 teaspoon sugar  
 1 onion, chopped  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1 head cabbage  
 1 tablespoon butter  
 1 cup hot water  
 1 can cream of tomato soup

Combine the gluten, tofu, rice, sugar, onion, salt, and pepper. Place cabbage leaves in boiling hot water for few minutes. Roll inside individual cabbage leaves the mixture of gluten, rice, tofu, sugar, onion, salt, and pepper. Place rolled cabbage leaves in baking pan. Dot



each with butter. Combine soup and water and pour over the rolls. Bake in moderate oven for 1 hour. Serves 6.



## EUROPE

### Spanish Noodles

- 6 hard-cooked eggs
- 8 oz. noodles cooked and drained, salted to taste
- 1 onion and one green pepper, chopped and sauteed
- 2 1/2 cups tomatoes
- 1/4 cup cheese

Add tomatoes and cheese to onions and let simmer for ten minutes. Blend 1/4 cup margarine and 1/4 cup flour and mix into sauce. Arrange a layer of cooled noodles in baking dish, then a layer of hard-cooked egg, sliced, then a layer of sauce. Arrange in layers till all the amount has been used. Bake in medium oven till bubbly, and serve hot.

### Spanish Rice

- 1 cup rice
- Minced green pepper and onion
- 2 tablespoons fat
- 1 1/2 cups liquid  
(water and tomato juice)

Slightly saute green pepper and onion in fat in pressure cooker. Add rice and saute to light brown. Add liquid and bring pressure up to 15 pounds, allowing pressure to

remain only 2 minutes. Reduce the pressure and serve immediately. This is a dry, flaky Spanish Rice.

### Spanish Rolls

- 1/2 pound grated cheese
- 3 chopped hard-cooked eggs
- 1/2 cup catsup or tomato paste
- 1 large onion, grated
- 1 can (4 1/2 oz.) chopped ripe olives
- 2 tablespoons green pepper, minced
- 1/2 teaspoon chili powder
- 2 teaspoons soy sauce
- 1/2 can (10 oz.) Vegeburger or
- 1 1/4 cup gluten burger
- 1 doz. hard crust rolls

Mix all ingredients together, except rolls. Cover and refrigerate several hours or overnight to mellow. Cut tops from rolls. Scoop out tender portion. Spoon fillings into rolls and replace tops. Loosely wrap each in foil and place in a shallow pan or on a cooky sheet. Bake at 250° F. 1 hour.

### Spanish Sandwich Spread

Saute

- 1 chopped onion
- 1 chopped green pepper
- 2 tablespoons oil

Scramble with above

- 2 beaten eggs

Mix into above

- 2 tablespoons flour

Add and cook until of proper consistency

- 1 cup thick tomato puree

Saute the onion, pepper in oil. Scramble eggs in onion. Mix in flour and tomato puree and cook until desired consistency. Other seasonings may be added as desired.



For hearty appetites, hot ITALIAN supper specialties

## Italian Supper

### Antipasto Tray

Lasagna, Pizza, or Spaghetti

Italian Green Salad

Italian Long Loaf or Bread Sticks

Spumone or Cherry Ice Cream

### Antipasto Tray

Here's a relish dish with zingo! It's extra easy—every item comes ready to eat.

On a large serving dish, arrange spiced hearts of artichoke, Italian-style mild Tuscan salad peppers, pickled peppers (very hot!) sweet red-pepper halves, ripe and stuffed green olives, paper-thin slices of pepperoni, or other cheeses.

## Lasagna—or Italian-Style Noodles

- 1 pound gluten, ground
- 1 clove garlic, minced
- 1 tablespoon chopped parsley
- 1 tablespoon basil
- 1 1/2 teaspoons salt
- 1 1-pound can (2 cups) tomatoes
- 2 6-ounce cans (1 1/2 cups) tomato paste
- 1 10-ounce package lasagna noodles or other noodles
- 2 12-ounce cartons (3 cups) large-curd cream-style cottage cheese
- 2 beaten eggs
- 2 teaspoons salt
- 2 tablespoons chopped parsley
- 1/2 cup grated Parmesan cheese
- 1 pound Mozzarella cheese, sliced thin (other cheese may be used, if these are not available)

Brown gluten slowly; spoon excess fat. Add next 6 ingredients to gluten. Simmer, uncovered, till

thick, 45 minutes to 1 hour, stirring occasionally.

Cook noodles in boiling salted water till tender; drain; rinse in cold water. Combine cottage cheese with next 5 ingredients.

Place half the noodles in 13 x 9 x 2-inch baking dish; spread half the cottage-cheese mixture over; add half the Mozzarella cheese and half the gluten mixture. Repeat layers.

Bake in moderate oven (375° F.) 30 minutes. Let stand 10 to 15 minutes before cutting in squares. Makes 12 servings.

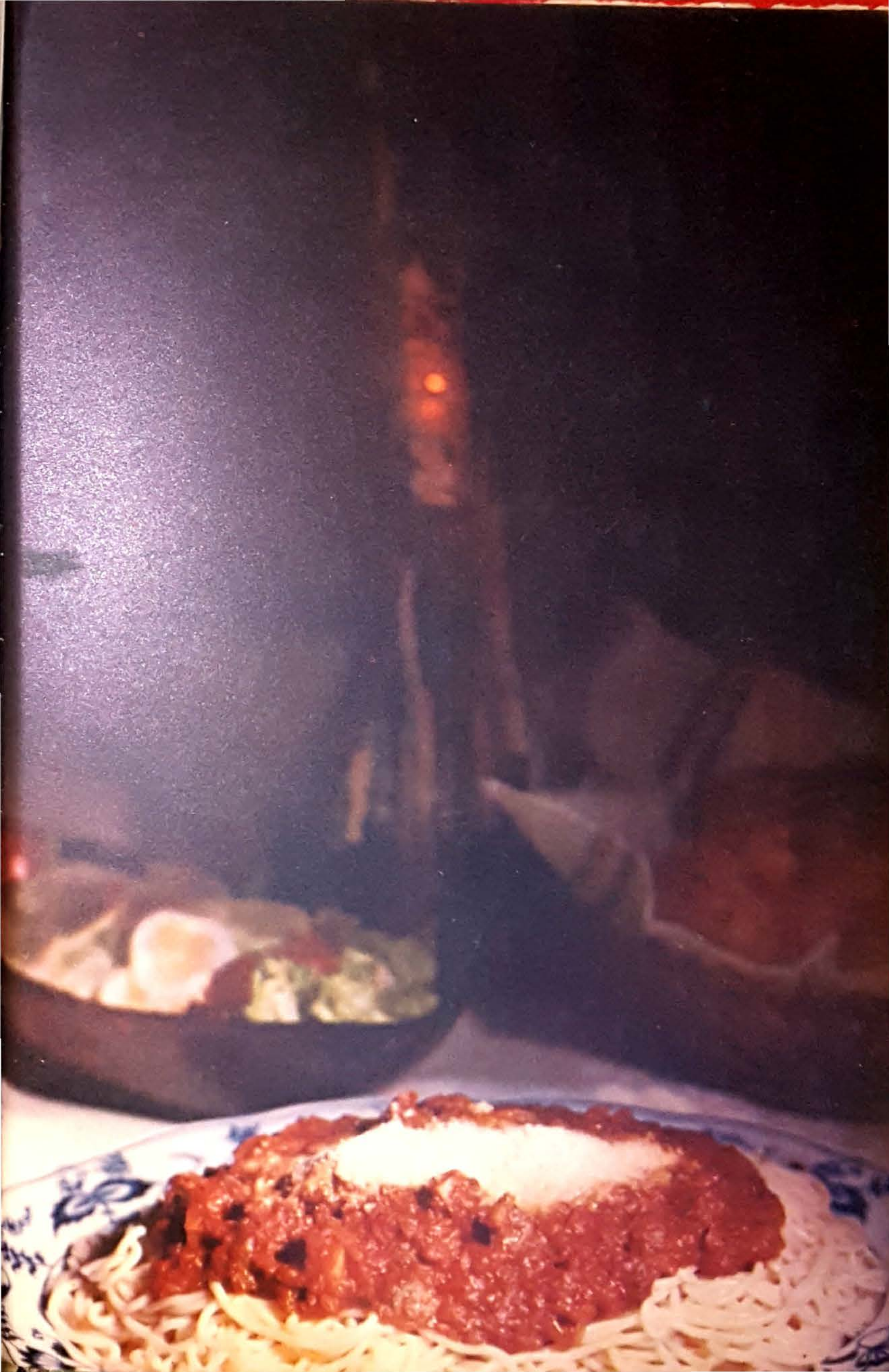
## Italian Spaghetti

- 1 1/2 cups cooked spaghetti
- 1 cup ground gluten or small tokwa cubes, crisply fried
- 2 tablespoons pounded garlic
- 1 small onion, chopped fine
- 3/4 cup tomato sauce
- 1/2 cup water
- 1/2 cup finely chopped tomatoes
- 1 small pepper, chopped
- 1 1/2 teaspoons salt
- 1/2 teaspoon vetsin
- 1 tablespoon oil

Saute onions and pepper in hot oil. Add tomatoes and cook well. Add the rest of the ingredients (except spaghetti) and let simmer till it thickens (note: garlic is not sauted in oil). Serve on top of cooked spaghetti. If desired may top with grated cheese. 6-8 servings.

**Candlelight seems to add a romantic touch to a favorite of the Italians—Spaghetti!**







## Italian Spaghetti and "Meat" Balls

- 1 1/2 pounds ground gluten
- 1/2 cup fine dry bread crumbs
- 1 slightly beaten egg
- 1/4 cup grated Parmesan cheese
- 1/4 cup warm water
- 1 1/2 teaspoons salt
- 1/2 teaspoon basil
- 1 No. 2 1/2 can (3 1/2 cups) tomatoes
- 1 6-ounce can (2/3 cup) tomato paste
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1 teaspoon crushed oregano
- 1/4 teaspoon anise seed
- 1 8-ounce package long spaghetti

Combine gluten with next 7 ingredients; form in about 36 one-inch balls. In large skillet, brown meat slowly in small amount of hot fat. Add remaining ingredients except spaghetti. Simmer uncovered (don't boil), stirring occasionally, 1 1/2 to 2 hours or till thick.

Cook spaghetti in boiling salted water (about 1 tablespoon salt to 3 quarts water) till tender but still firm. Drain.

Serve meat balls and sauce over spaghetti. Pass Parmesan cheese. Makes 6 servings.

## Pizza

- 1 pound gluten, ground
- 2 cloves garlic, minced
- 1 tablespoon crushed sweet basil
- 1 1/2 tablespoons crushed oregano
- 2 6-ounce cans (1 1/3 cups) tomato paste
- 1 6-ounce can (1 1/3 cups) broiled, sliced mushrooms, drained
- 2 6-ounce packages sliced Mozzarella cheese, cut in pieces
- 2/3 cup grated Romano cheese (other cheese may be used)

Roll crust (below) in two 13-inch circles. Place on ungreased cooky sheet; turn up edges.

In skillet, put gluten; fry slowly till evenly browned; drain. Add garlic, seasonings. Spread 1 can tomato paste over each dough circle; cover with gluten, mushrooms.

Bake at 425° F. 10 minutes; remove from oven; top with Mozzarella; bake 10 minutes more or till crust is done. Sprinkle with Romano.

## International Dinner

- Rumanian Green Bean Soup
- Swedish Gluten Balls
- Spanish Noodles
- Russian Eggplant Caviar
- Italian Green Salad
- Dutch Apple Pie
- Leche Flan
- Soybean Coffee

## Pizza Crust

- 1/2 package dry yeast
- 1 teaspoon brown sugar
- 1/2 cup white flour
- 1/2 teaspoon salt
- 1/2 cup warm water
- 2 tablespoons oil
- 1 cup white flour

Sprinkle yeast onto water. On it sprinkle sugar and let stand until yeast bubbles up (10 minutes). Add oil. Mix flour and salt. Pour yeast liquid into flour and stir until dough is smooth. Oil outside of dough ball. Place in 9" x 14" cake tin. With the hands flatten dough in the tin, pressing out edges to resemble pie crust. Push edges up well. Oil top of dough. Let rise in barely warm oven 20-30 minutes. Add filling and bake 400° F. 15 minutes then 350° F. about 35 minutes. Pie crust may also be used.



## Raviolis

Make and let stand overnight:

- 2 cups chopped gluten
- 2 cups well drained chopped spinach
- 2/3 cup bread or cracker crumbs
- 2 tablespoons parsley
- 2 cloves garlic
- 1/2 teaspoon rosemary
- 1 teaspoon marjoram
- 2 teaspoons thyme
- Salt and pepper to taste
- 1 cup grated dry Monterey cheese  
(other cheese may be used)
- 8 eggs

Dough:

- 6 cups flour
- Mix well and add
- 1 egg
- 1 teaspoon olive oil
- 1 cup lukewarm water

Start stirring from middle and absorb as much flour as possible. Now knead in rest of flour till smooth and elastic. Cover and let stand about 20 minutes. Divide dough in half, roll paper thin, cut in two inch squares. Put a little filling on one half, fold and pinch together. Cook immediately in boiling water or else freeze in plastic bags. Cook 7-10 minutes.

## Gluten Caciatori

- 1 pound gluten slices and broth
- 1/4 cup sliced green pepper
- 1 8-oz. can tomato sauce
- 1 8-oz. can mushrooms and liquid
- 1 bay leaf
- 1/4 teaspoon each spice, thyme, oregano
- 1/2 cup sliced onion
- 2 garlic cloves
- 1 cup water
- 1 tablespoon soy sauce
- Salt and vetsin

Saute onion, pepper and garlic in a little oil, add gluten, saute

another 5 minutes. Mix spices and liquids together and add all ingredients to gluten mixture. Cook slowly on top of stove or in oven 1 hour. Serve with rice cooked in water, vetsin, 1 teaspoon salt and 1 teaspoon margarine to taste.

## Italian Green Salad

- 1 head romaine
- 1 bunch leaf lettuce
- 2 tomatoes, cut in wedges
- 1/2 cup celery slices
- 1/2 cup diced green pepper
- 1/2 cup radish slices
- 1/4 cup sliced green onions
- 2 oz. tahu (yellow) chopped
- 3 tablespoons olive or salad oil
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley
- 3/4 teaspoon salt
- 1/2 teaspoon whole basil

Tear greens in bite-size pieces in a bowl; arrange vegetables over lettuce. Sprinkle with remaining ingredients. Toss lightly. Makes 6 to 8 servings.

Smorgasbord is for folks who enjoy eating! Offer fresh plates three times—first for appetizers, then main dish, last desserts. This is an ideal "several-hostess" meal—plan jointly, make foods at home, and carry to party.

## Romanian Green Bean Soup

- 4 cups green beans
- 8 cups water
- 1 large onion
- 2 carrots
- 2 tablespoons oil
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 pint tomato juice
- 1 tablespoon brown sugar
- 2 teaspoons lemon juice



Cook 4 cups green beans, cut into thirds, one whole onion and 2 sliced carrots in 8 cups salted water. Bring to a boil and cook until beans are tender. Remove onion. Heat 2 tablespoons oil in skillet. Add 1 chopped onion, 2 tablespoons flour and 1/4 teaspoon salt. Cook until onion and flour are lightly browned. Add 1 pint tomato juice and stir until thickened. Then add 1 tablespoon brown sugar and 2 tablespoons lemon juice and mix well. Add to soup. If desired, add 3 tablespoons sour cream.

### Pierogi—Cheese "Pockets"

#### Filling:

Combine

- 1 1/2 cups cottage cheese, drained and sieved, (dry is best)
- 2 slightly beaten egg yolks
- 1 tablespoon soft butter or margarine
- Dash of salt

#### Dough:

Combine

- 2 eggs, beaten
- 1 teaspoon salt
- 1/4 cup milk

Add

- 2 cups sifted flour to make a stiff dough

Divide dough in half. Roll dough on floured surface, very thin. Cut into squares 4 x 4 inches. Put cheese mixture on and flap over, pinch edges together firmly or seal with fork. Drop into boiling salted water, cook for about 10-15 minutes until they come to the top, being careful they don't stick to the bottom. Serve with a sour cream type sauce or may be served with melted butter, sugar and cinnamon.

**Note:** There could be other fillings used, fruits etc. and sweetened, in

that case the filling can be sweetened with a tablespoon of sugar.

### Dutch Apple Pie

Line a 9-inch pie plate with pastry. Put 3 pounds pared, sliced tart apples into pie shell.

Combine

- 1 cup heavy cream
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon

Beat until smooth and thick; gradually blend into mixture of 1/3 cup sifted flour, 3/4 cup sugar, and pinch salt.

Pour over apples. Bake at 450° F. for 20 minutes or until crust begins to brown. Then cover pie with foil. Reduce heat to 350° and bake 45 minutes more or until filling thickens. Serve warm with thin slices of Cheddar cheese. Serves 6-8.

### Dutch Cheese Wafers

- 1 3-oz. package cream cheese
- 1/2 cup butter
- 1/2 cup sugar
- 1 cup flour

Thoroughly blend cheese, butter, sugar and flour. Shape in rolls one inch in diameter; wrap in waxed paper and chill thoroughly or overnight. Slice thin with sharp knife. On one slice, place thin piece of dried fruit. Cover with another slice. Press edges together. Brush top of cookies with milk; sprinkle with sugar and bake on greased cookie sheets in moderate oven 350° F. for about 7 minutes. Makes 40 wafers.



## Swedish Relishes

Bed appetizer dish on ice. Fill with Tofu Salad, pickled beets.

Other choices: Stuffed eggs, Stuffed Celery, sliced cheeses, eggs, crackers—bread sticks as available.

## Stuffed Celery

Beat together cream cheese and grated yellow cheese (to suit taste) till fluffy. Fill celery. Dot with pimiento diamonds and pickle circles.

## Tofu Salad

- 1 1/2 pounds firm tofu
- 2 pared medium potatoes, cooked and finely cubed
- 4 medium beets, cooked, peeled, and finely cubed or cut julienne
- 1 medium apple, pared, finely cubed
- 1 tablespoon finely chopped onion
- 2 medium sweet pickles, finely cubed
- 1 tablespoon sugar
- 2 tablespoons lemon juice
- 1/2 cup heavy cream, whipped (optional)

Cut tofu in small cubes. Lightly mix all ingredients except cream. Chill. Fold in cream. Trim with sieved egg yolks and finely chopped whites. Makes about 6 cups.

## Swedish Gluten Balls

- 1 1/2 pounds gluten
- 2 eggs
- 1 1/2 cups soft bread crumbs (3 slices)
- 1/4 cup milk
- 1/2 cup chopped onion
- 1 3/4 cups half-and-half evaporated milk
- 1/4 cup finely chopped parsley
- 1 teaspoon salt
- 1 teaspoon vetsin
- 1/4 teaspoon ginger
- 1 teaspoon soy sauce

Have gluten ground. Soak bread in milk 5 minutes. Cook onion in 2 tablespoons butter till tender but not brown. Combine ground meats, crumbs, onion, 1 cup of the half-and-half, parsley, and seasonings plus eggs. Beat vigorously till fluffy (about 5 minutes at medium speed on electric mixer). Mixture will be soft. Form in 1-inch balls (for easier shaping, wet hands when necessary).

Brown lightly in 2 tablespoons oil, shaking skillet to keep balls round. May be deep fat fried in oil; the shape is better. (Don't try to brown too many at a time). Remove "meat" balls. Stir 1 tablespoon flour into drippings; add remaining milk, soy sauce, and dash vetsin; heat and stir till gravy thickens.

Return "meat" balls to gravy; simmer uncovered about 10 minutes. Add more evaporated milk if needed. Makes 5 dozen.

## Red-and-White Salad

### Red Tomato Mold:

- 4 cups tomato juice
- 1/3 cup chopped onion
- 1/4 cup chopped celery leaves
- 2 tablespoons brown sugar
- 1 teaspoon salt
- 2 small bay leaves
- 4 whole cloves
- 2 envelopes unflavored gelatin
- 3 tablespoons lemon juice

Combine 2 cups of the tomato juice, onion, celery leaves, sugar, salt, bay leaves, and cloves. Simmer uncovered 5 minutes. Strain.

Meanwhile, soften gelatin in 1 cup of remaining cold tomato juice; dissolve in hot mixture. Add rest of tomato juice, lemon juice. Chill firm in 5-cup ring mold.



### Snowy Cheese Mold

- 1 12-ounce carton (1 1/2 cups) cream style cottage cheese
- 2 3-ounce packages cream cheese, softened
- 1/2 cup finely chopped celery
- 2 tablespoons finely chopped chives
- 1/4 teaspoon salt
- 1 envelope unflavored gelatin
- 1 cup mayonnaise

With electric or rotary beater, beat together cottage cheese and cream cheese till fluffy. Stir in celery, chives, and salt. Soften gelatin in 1/4 cup cold water; dissolve over hot water. Stir into cheese mixture. Stir in mayonnaise. Chill firm in 5-cup ring mold.

Unmold both salads; cut in wide slices, alternate slices, red and white, reassembling 2 identical salads. Makes 12 servings.

### Brown Beans (Bruna Bonor)

Wash 2 cups brown beans; drain. Add 5 cups water; cover, let stand overnight. (Or bring water and beans slowly to boiling; simmer 2 minutes; cover, let stand 1 hour.)

Add 3-inch cinnamon stick and 1 1/2 teaspoons salt; cover and simmer 2 hours or till tender. (Add more water if needed.) Stir in 1/2 cup brown sugar or light molasses and 1/4 cup lemon juice. Cook, uncovered, 15 minutes longer, stirring occasionally. Serves 6.

### Swedish Pancakes

Beat 3 eggs till thick and lemon-colored. Stir in 1 1/4 cups milk. Sift together 3/4 cup sifted enriched flour, 1 tablespoon sugar,

and 1/2 teaspoon salt. Add; mix till smooth.

Drop small amount batter (1 tablespoon for 3-inch cake) onto moderately hot, buttered griddle (or bake on special Swedish griddle). Spread batter evenly to make thin cakes. Turn when under-side is delicately browned.

(To keep first pancakes warm, place on towel-covered baking sheet in 250° F. oven.) Spoon melted butter over; sprinkle with sugar. Stack in chafing dish. Makes 3 1/2 dozen.

### Strawberry Sauce

Drain 4 cups strawberries or other berries; wash. Place in saucepan. Add 1/2 cup water; bring to boiling. Add 1 cup sugar; stir to dissolve. Simmer 10 minutes. Place pan in cold water; stir sauce a minute or two. Makes 3 cups. Serve on pancakes.



UNITED STATES

### Scalloped Corn Supreme

- 1 No. 2 can (2 1/2 cups) cream style corn
- 1 cup milk
- 1 well-beaten egg
- 1 cup cracker crumbs
- 1/4 cup minced onion
- 3 tablespoons chopped pimiento
- 3/4 teaspoon salt
- Dash pepper
- 2 tablespoons butter or margarine
- 1/2 cup cracker crumbs



Heat corn and milk. Gradually stir in egg. Add 1 cup crumbs, onion, pimiento, and seasonings. Mix well.

Pour into greased 8 1/2 x 1 1/2-inch round pan.

Melt butter and pour over 1/2 cup crumbs. Sprinkle buttered crumbs over corn. Bake in moderate oven (350° F.) 20 minutes. Garnish with pimiento strips. Makes 6 servings.

### **Mint-glazed Carrots 'n' Peas**

3 medium carrots, cut in strips  
2 cups fresh peas or frozen or canned  
2 tablespoons butter or margarine  
Salt  
2 tablespoons sugar  
1/4 cup butter or margarine  
1/2 tablespoon chopped mint leaves  
(may be omitted)

Cook carrots in boiling, salted water 15 minutes; drain. Cook peas in boiling, salted water, 8 to 10 minutes; drain (omit when using canned peas) season with 2 tablespoons butter, salt. Glaze drained carrot strips in mixture of sugar, 1/4 cup butter, and mint leaves.

Place peas in serving dish; border with carrot strips. Makes 4 to 6 servings.

### **Harvard Beets**

2 tablespoons butter or margarine  
1 tablespoon cornstarch  
1 tablespoon sugar  
1/4 teaspoon salt  
2 cups cubed canned or crooked beets  
1 cup pineapple chunks may be added  
1/2 cup lemon juice

Melt butter; add cornstarch, sugar, and salt; blend. Add vine-

gar; cook until thick. Add beets; heat thoroughly. Makes 4 to 6 servings. Frozen lemonade may be used in place of lemon juice and sugar.

### **Mashed Potatoes**

6 medium potatoes  
3 tablespoons margarine  
1/3 cup hot milk (More may be added to make potatoes creamy and light)  
1 teaspoon salt

Peel potatoes and cut into 1/4 inch slices. Cook in pan with tight fitting lid, with approximately 2 cups water. If any water is left after cooking, it may be saved for the gravy. If an electric mixer is available, put potatoes into bowl and add the other ingredients, beating till all the lumps are gone and the potatoes are light and creamy.

Potatoes may be cooked in the skins until well done, then peeled and put through a ricer or coarse strainer. This is not necessary if you have an electric mixer. Place directly into mixer bowl and follow directions above. One important thing, potatoes will not cream well and be light unless they are creamed immediately after peeling and cooking, while very, very hot.

**Variation: Potato Boats**—Scrub potatoes well and oil skins, bake in 350° F. oven until well done. Cut in half being careful to preserve the skin intact. Scoop out the potato pulp following directions for mashing potatoes above. After pulp has been mashed, put back into the skins and sprinkle grated cheese on top. Return to oven to allow cheese to melt. These keep well,



and may be prepared in advance, being placed in oven to reheat when needed, even overnight.

### Informal Tea Menu

Nut Bread Sandwiches  
Whole Wheat Cheese Sandwiches  
Dainty Tea Cookies: Rolled Oat  
Squares, Coconut Cookies  
Fruit-Nut Cookies Mixed Nuts  
Assorted Hard Candies  
Golden Punch

### Brown Gravy

2 tablespoons oil or vegetable shortening  
1/4 cup flour (Brown in heavy iron skillet, if available, stirring constantly)  
2 cups water, milk, vegetable juice or potato water  
1/2 teaspoon salty soy sauce  
1/2 teaspoon vetsin  
Salt to taste

Heat oil, add the browned flour, stirring well until thoroughly mixed. Then add the liquid and seasonings, stirring till it is sufficiently thick.

**Variations:—Onion Gravy**—Chop one medium onion and saute in oil until cooked but not brown. Follow directions as above.

**Egg Gravy**—Scramble one egg in the oil, keeping it in small pieces, until it is browned lightly. Add more oil if necessary to make the oil from the egg cook out and foam. Let cook for a couple of minutes with the foam, being careful that it doesn't brown too much or burn. It should be stirred con-

stantly. Add flour and mix well, then add the liquid and follow rest of directions in original recipe.

### Cooked Dressing

4 tablespoons sugar  
4 tablespoons enriched flour  
2 teaspoons salt  
2 teaspoons dry tumeric  
Dash cayenne  
4 slightly beaten egg yolks  
1 1/2 cups milk  
1/2 cup lemon juice  
1 tablespoon butter or margarine

Mix dry ingredients; add egg yolks and milk; stir in double boiler till thick. Add lemon juice and butter; mix well and cool. Makes 2 cups.

### Avocado Salad

1 package lime jello  
1 cup hot water  
1/2 cup chopped celery  
3/4 teaspoon salt  
1/2 cup mayonnaise  
1 teaspoon onion juice  
2 cups avocado (cubed)  
1 cup whipped cream

Dissolve jello in hot water, add rest of ingredients. Fold in whipping cream (whipped) last and pour into mold.

### Waldorf Salad

2 cups diced apples  
1 cup chopped celery  
1/2 cup broken nuts  
1/2 cup Cooked Dressing or Whipped-cream Dressing

Pare apples, if desired. If prepared in advance, squeeze juice of one-half lemon over apples to



keep their color light. Combine ingredients and chill thoroughly. Serve on crisp lettuce. Makes 6 servings.

### **Cauliflower With Almonds**

1 medium head cauliflower  
1/2 cup salted almonds  
1 cup Medium White Sauce

Trim leaves from stalk, leaving 1 inch of stem for support. Steam, tightly covered. Let water cover stem but not head. Cook till tender, about 25 minutes.

To serve, cut off stalk and place cauliflower in serving dish. Stick almonds into cauliflower and pour White Sauce (page 74) over all. Sprinkle with paprika. Makes 6 servings.

### **Southern Okra**

1 cup cut okra  
1 medium onion, chopped  
1 green pepper, chopped  
1/4 cup salad oil  
3 tomatoes, peeled and quartered  
1 tablespoon sugar  
1 teaspoon enriched flour  
1/2 teaspoon salt

Cook okra in boiling, salted water 10 minutes; drain.

Brown onion and green pepper in salad oil; add tomatoes and cook slowly 5 minutes.

Add okra and remaining ingredients; cook over low heat until vegetables are just tender, stirring as little as possible. (One cup canned tomatoes may be used in place of fresh tomatoes.) Makes 4 servings.

### **Snappy Green Beans**

1/2 cup chopped onion  
1/4 cup chopped green pepper  
1/2 cup cream  
2 cups cooked green beans  
1/2 teaspoon salt

Fry onion and green pepper until soft. Add remaining ingredients. Heat through; serve at once. Makes 4 to 6 servings.

### **Home-baked Beans**

2 cups navy beans  
1 1/2 teaspoons salt  
1/4 cup granulated or brown sugar  
1/2 teaspoon dry tumeric  
2 tablespoons molasses  
1 small onion, quartered

Wash beans; cover with water and soak overnight. Cook slowly until skins burst or until just tender. Drain, reserving liquid. Place half the beans in bean pot or 2-quart casserole. Combine remaining ingredients; add half to beans. Add remaining beans, seasonings. Cover with bean liquid. Cover; bake in slow oven (250° to 300° F.) 6 to 8 hours. If necessary, add more liquid. Makes 6 to 8 servings.

### **Oil Pastry Crust**

2 cups sifted enriched flour  
1 teaspoon salt  
1/2 cup salad oil  
5 tablespoons ice water

Sift flour and salt.

Beat together oil and water till thick and creamy. Pour over entire surface of flour immediately. Mix



with fork to form ball. Makes pastry for one 8-inch or 9-inch double crust pie.

### Cherry Pie

For 8-inch pie:

1/2 cup cherry juice

1/3 cup sugar\*

4 tablespoons enriched flour or 2 1/2  
tablespoons cornstarch

Dash salt

2 tablespoons butter or margarine

Few drops red food coloring

2 cups canned, pitted sour cherries\* \*  
drained

1/2 teaspoon almond extract may be  
added

1 recipe Plain Pastry

Combine juice, 1/2 cup sugar, flour or cornstarch, and salt; cook until thick; add butter, remaining sugar, red food coloring if you like redder color. Pour over cherries in 8-inch pastry-lined pie pan. Make lattice top crust. Bake in hot oven (400° F.) 45 minutes to 1 hour.

\*If canned cherries are packed in syrup, sweeten to taste.

\*\*For fresh cherries: Combine 3 cups pitted sour cherries, 1 to 1 1/2 cups sugar, 1/4 cup enriched flour, and dash salt. Put in 8-inch pastry-lined pie pan. Dot with 2 tablespoons butter or margarine.

For 9-inch pie:

3/4 cup cherry juice

1 cup sugar

6 tablespoons enrich flour or 3 1/3  
tablespoons cornstarch

Dash salt

3 tablespoons butter or margarine

Few drops red food coloring

3 cups canned, pitted sour cherries,  
drained

1 recipe Plain Pastry

Follow the method used for the 8-inch Cherry Pie above.

### Old-time Lemon Pie

The very best lemon meringue pie you've ever tasted—

For 8-inch pie:

1 cup sugar

1 1/4 cups water

1 tablespoon butter or margarine

1/4 cup cornstarch

3 tablespoons cold water

3 egg yolks

2 tablespoons milk

6 tablespoons lemon juice

1 teaspoon grated lemon peel

1 baked 8-inch pastry shell

3 egg whites

6 tablespoons sugar

1 teaspoon lemon juice

Combine sugar, water, and butter; heat until sugar dissolves. Blend cornstarch with cold water; add to hot mixture; cook slowly until clear about 8 minutes. Beat egg yolks with milk; slowly stir into cornstarch mixture. Cook 2 minutes, stirring constantly. Remove from heat. Add 6 tablespoons lemon juice and lemon peel. Cool. Pour into cooled baked shell.

Beat egg whites stiff but not dry; add sugar gradually; add 1 teaspoon lemon juice at the last.

Spread meringue over cooled filling, sealing to the edges of pastry to avoid shrinking. Brown in moderate oven (350° F.) 12 to 15 minutes. For 9-inch pie:

1 1/2 cups sugar

1 1/4 cups water

2 tablespoons butter or margarine

1/2 cup cornstarch

1/2 cup cold water

4 egg yolks

3 tablespoons milk

1/2 cup lemon juice

1 1/2 teaspoons grated lemon peel

1 baked 9-inch pastry shell

4 egg whites

1 1/2 cups sugar

1 teaspoon lemon juice

Follow method above.





## MEXICO

### Mexican Fiesta

Mexican Tortillas  
Enchilada Sauce  
Tacos  
Chiles Rellenos  
Mexican Rice  
Guacamole in tomato cups  
Mexican Eggplant  
Tamale Pie  
Fried Tortillas  
Dessert-Caramel or other simple custard.

A Mexican Relish tray may hold the Guacamole in tomato cup—2 peppers with seeds removed and filled one with chopped red onions and the other with chopped radishes. If corn chips are available, they may be on this tray also, and any other relish that is enjoyed. Lettuce leaves may form the bed for the relishes.

A choice of any of the above items, or all if desired, may be used for this buffet.

### Mexican Tortillas

Combine in bowl:

1/2 cup sifted corn meal (white is preferred)  
1 cup sifted white flour  
1/4 teaspoon salt  
1 egg  
1 1/2 cups cold water

Beat with rotary beater until smooth. Spoon 3 tablespoons batter onto a moderately hot ungreased griddle to make a very thin

pancake, 6 inches across. Turn tortillas when edges begin to look dry, not brown. Bake other side; keep warm in covered pan. Makes 12 tortillas.

### Enchilada Sauce

Brown . . .  
2 tablespoons minced onion  
in . . .  
2 tablespoons vegetable shortening  
Stir in . . .  
1 tablespoon flour  
Then stir in . . .  
1 clove garlic, minced  
2 teaspoons chili powder  
1 no. 2 can tomatoes, drained  
1 teaspoon salt  
1/4 teaspoon tobasco sauce (May be omitted)

Add about 1/2 cup tomato juice (drained from tomatoes) to make a sauce of medium thickness.

### Tacos

Cheese (grated process)  
Tomato, chopped  
Lettuce chopped  
Onions (preferably green, chopped)  
1 can red beans or chili  
1 small can burger  
1 package frozen or canned tortillas

Cheese, tomato, lettuce and onions may be served in lazy-susan dish or in separate small serving dishes. Warm the beans and brown the burger in a pan. Set these aside and keep warm. When everything else is ready the tortillas should be folded in half and fried in deep fat only until they are nice and soft. If they are left in too long they will



be too crisp and crack to pieces. Dob with paper towels to soak off all grease. Put first a spoonful of beans in folded tortillas. Add spoon of burger and top with desired amount of grated cheese. On top of this put the greens. Top with a dash of taco sauce. If the taco sauce is not available use any type of hot sauce or tomato sauce. This makes a complete meal and is usually popular for an informal party served with root beer float or other such drink. This will serve 4 to 6.

### Chiles Rellenos

- 2 large green peppers
- 1/4 pound sharp Cheddar cheese
- 4 egg whites
- 2 tablespoons water
- 1/2 teaspoon salt
- 2 tablespoons enriched flour
- 4 egg yolks

Remove tops and seeds from peppers. Cut peppers in quarters lengthwise; cook in simmering water 8 to 10 minutes or till tender. Drain, cool, and peel.

Cut cheese in four 1/4-inch slices and sandwich each between green pepper pieces. Beat egg whites till frothy; add water and salt; beat till stiff but not dry. Add flour and dash pepper to yolks; beat till thick and lemon-colored; fold into whites. Pour 4 mounds (1/2 cup each) on hot, greased griddle or skillet. Brown lengthly on bottom, then gently top each with cheese-stuffed pepper. Divide remaining egg mixture over peppers, making sure the peppers are covered. Continue cooking till underside is nicely browned. Turn carefully and cook till second side is browned. Serve with Tomato Sauce. Makes 4 servings.

### Tomato Sauce

- 1/3 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon salad oil
- 1 8-ounce can seasoned tomato sauce
- 3/4 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon oregano

Cook onion and garlic in hot salad oil till tender but not brown. Add remaining ingredients. Simmer 5 minutes. Makes 1 cup.

### Mexican Rice

- 1 cup uncooked rice, washed and drained
- 1 cup whole kernel corn, drained
- Pour over 1 1/2 cups seasoned tomato juice.
- 1/4 cup each chopped onion and green pepper
- 1 cup burger
- 1 1/2 cups more seasoned tomato juice

Arrange above in oiled baking dish. Cover and bake 350° F. for 1 hour. Uncover. Sprinkle with cheese and heat until melted then brown under broiler. Garnish with parsley.

### Guacamole in Tomato Cups

- 2 medium ripe avocados, mashed (2 cups)
- 1 tablespoon minced onion
- 1 clove garlic, minced
- 1/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/3 cup mayonnaise or salad dressing
- 6 slices crisp-cooked gluten, crumbled

Combine mashed avocado, onion, garlic, seasonings in small bowl. Spread top with mayonnaise, sealing to edges of bowl; chill. At serv-



ing time, stir in mayonnaise, gluten; spoon into tomato cups. Makes 2 cups.

### Mexican Eggplant

- 2 cups gluten burger
- 1/4 cup chopped onion
- 1 tablespoon flour
- 1 cup seasoned tomato sauce
- 1/4 cup chopped green pepper
- Seasonings to taste
- 1 small eggplant
- 1 cup grated cheese
- 1/4 cup chopped celery

Brown onion and celery and burger in frying pan. Add flour and mix well. Stir in tomato sauce, green pepper, seasonings. Blend. Arrange 1/2" eggplant slices over burger-tomato mixture. Simmer slowly 10-15 minutes or bake in casserole until vegetable is tender. Sprinkle cheese on top and brown under broiler. Garnish with parsley.

### Fried Tortillas

If canned or frozen tortillas are available, cut into four pieces and fry in oil to cover till they are crisp but not brown. Serve as an accompanying side dish, or they may be served whole fried crisp.

### Tortilla Filling

- Mix thoroughly . . .
- 2 cups grated yellow cheese
- 1 cup minced onion
- 1/2 teaspoon salt

After tortillas are fried, dip into hot oil, then dip into Enchilada sauce. Place a large spoonful of Tortilla filling on each and roll up. Arrange in serving dish or baking dish. Cover with remaining sauce, reheat, and sprinkle with remaining filling. Serve at once or reheat before serving in quick moderate oven (375° F.).

### Tamale Pie

- 1 cup gluten burger, saute until quite brown then add onions
- 1 cup oil and 3 tablespoons butter—saute
- Add 1 can tomatoes (2½) and 1 small can tomato paste
- 1 can creamed corn
- 1 1/2 teaspoons chili powder
- 1 1/2 cups dry cornmeal
- 3 eggs
- 1 cup milk
- 1 1/2 cups olives, chopped or sliced
- 1 teaspoon salt

Mix all together and add to first mixture. Pour into greased pan, sprinkle 1 cup cheese on top and bake 1 1/2 hours at 350° F.



# Appendix

## A DICTIONARY OF COOKING TERMS

### A

**A la Mode.** In the fashion. When referring to pie, with ice cream; referring to beef, a marinated beef, braised in marinade.

**Antipasto.** Italian for assorted appetizers of fish, cold cuts or vegetables.

### B

**Bake.** To cook by dry heat in oven.

**Baste.** To moisten food while it is cooking (as meat while roasting) by spooning liquid or fat over it.

**Batter.** A mixture of flour and liquid, or in combination with other ingredients . . . thin enough to pour. Used to coat foods for frying.

**Beat.** To mix with vigorous over-and-over motion with spoon, whip or beater (to make smooth or incorporate air).

**Blanch.** To plunge into boiling water; and then, in certain cases, into cold water. Nuts and fruits are blanched to remove skin easily.

**Blend.** To mix thoroughly.

**Boil.** To cook in steaming liquid in which bubbles are breaking on surface.

**Bouillon.** A clear meat broth.

**Bread.** To coat with flour, egg and crumbs.

**Broil.** To cook directly under heating unit or over fire.

**Brush.** To spread thinly with a brush.

### C

**Caramelize.** To melt granulated sugar over medium heat to a golden brown syrup.

**Chill.** To allow to become thoroughly cold.

**Chop.** To cut in fine or coarse pieces with sharp knife or chopper.

**Chowder.** Thick soup made of fish and/or vegetable, cooked in milk.

**Coat.** To cover with thin film as flour, fine crumbs, icing, sugar or crushed nuts.

**Coddle.** To simmer gently in liquid for a short time.

**Cool.** Let stand at room temperature until no longer warm.

**Cream.** To rub or work shortening and sugar against side of bowl with spoon or by beating in mixer until thoroughly blended and creamy.

**Cube.** To cut food into solids of 6 equal sides (usually 1/4 to 1/2" in size).

**Cut in.** To incorporate fat into a flour mixture using a pastry blender, a fork or two knives.

**Cutlet.** A small piece of meat, cut



from leg or ribs, for broiling or frying. Or mixture such as fish or gluten, shaped like a meat cutlet.

## D

**Dice.** To cut into very small cubes (about 1/4").

**Dough.** A mixture of flour and liquid in combination with other ingredients, thick enough to roll, knead or drop off a spoon.

**Dredge.** To coat thickly with flour or flour mixture.

## E

**Entree.** In formal dinners, a small "made" dish that is served as a separate course between the heavy courses. In informal meals, the chief dish of the main course . . . of meat, poultry, fish or meat substitute.

## F

**Flake.** To break lightly into small pieces.

**Fold in.** To cut down through center of a batter with edge of spoon, rubber scraper or spatula, bringing up close to bowl, then turning over, cutting down through again . . . turning bowl a quarter turn at same time. Repeat until ingredients are blended.

**Fondue.** 1. A baked dish of eggs, cheese, milk and bread or bread crumbs. 2. A cheese dip for bread. Swiss origin.

**Frost.** To cover with icing.

**Fry.** To pan-fry in a small amount of fat or shallow or deep-fry in a larger amount.

## G

**Garnish.** To decorate with portions

of colorful and contrasting food.  
**Glaze.** To add luster to a food by coating with a syrup or jelly—then heating or chilling.

**Gluten.** A high-protein substance with the consistency and uses of meat, obtained from wheat flour.

**Grate.** To rub against grater to shred food.

**Grind.** To cut or crush in a food grinder.

## H

**Herbs.** Aromatic plants used for garnish and seasonings, also used medicinally.

**Hors d'oeuvres.** Variety of appetizers.

## J

**Julienne.** To cut food into match-like strips.

## K

**Knead.** To work dough with a pressing motion accompanied by folding and stretching. Or to press dough with heel of hand . . . alternately folding and pushing and stretching it.

## L

**Leavening.** An ingredient in baked products to make them light and porous by releasing or forming gas as during baking.

**Legumes.** Vegetables which bear their fruit or seeds in pods, such as peas, beans, lentils.

## M

**Marinade.** An oil-acid mixture used to give flavor and sometimes to



tenderize meats or vegetables.

**Marinate.** To let food stand in oil-acid mixture (usually French Dressing) for added flavor.

**Meringue.** A stiffly beaten mixture of egg whites and sugar (1) used to cover the top of a pie and usually browned in the oven, or (2) made into small cakes or cookies and baked.

**Mince.** To chop or cut into very small pieces.

**Mix.** To combine ingredients, as by stirring.

**Monosodium glutamate (MSG).** A white crystalline substance made from vegetable proteins. Enhances natural flavor of foods. Vetsin.

## P

**Pan-broil.** To cook uncovered in ungreased or lightly greased hot skillet, pouring off fat as it accumulates.

**Parboil.** To partially cook food in boiling water. The cooking is then completed by another method.

**Parch.** To brown with dry heat.

**Pare.** To cut off outside skin as from apple or potato.

**Pasteurize.** To partially sterilize a liquid at a temperature (140° to 180° F.) which destroys bacteria (as for pasteurized milk).

**Patty.** A shell of puffed pastry filled with a creamed mixture of chicken, fish, etc.

**Peel.** To strip off outside covering as from orange, banana or tomato.

**Pilaf.** Main dish of rice, seasonings and meat, fish or poultry.

**Pit.** To remove pits or seeds from fruit.

**Poach.** To cook by surrounding with simmering (not boiling) water or other liquid, using care to retain shape of food.

**Preheat.** Turn on oven; heat to

desired baking temperature before putting in food.

**Pressure Cook.** A process of cooking in a confined vessel at a pressure greater than the atmospheric pressure. This method reduces cooking time, thereby preserving many of the vitamins lost during long, open cooking.

**Polenta.** Italian for a corn meal or farina mush to which cheese is often added.

**Puree.** 1. To press fruit or vegetables through a fine sieve. 2. A smooth, thick mixture made by rubbing cooked foods through a sieve.

## R

**Ravioli.** Small shapes of Italian or noodle paste spread with a meat or vegetable filling folded over and poached in meat stock.

**Relish.** A highly flavored food used with other foods to stimulate appetite.

**Rice.** To put through ricer or sieve.

**Roast.** To cook by dry heat . . . usually in oven, sometimes in ashes or on heated stones or metals.

**Roll.** 1. To place on a board and spread thin with a rolling pin. 2. A small shape made from dough and baked.

**Rosette.** A thin batter baked in a fancy shape by means of a special iron and served with creamed foods, fruit or ice cream. Sometimes called a timbale case.

## S

**Salt.** To season or cure with salt.

**Saute.** To brown or cook in small amount of fat in skillet.

**Scald.** To heat to temperature just below boiling point until a skin



forms over the top.

**Scallion or shallot.** A bulbless onion.

**Scallop.** 1. To bake in a sauce. 2 A sea food.

**Score.** To cut narrow gashes part way through outer surface of food to prevent curling.

**Sear.** To brown surface quickly.

**Sherbet.** A frozen dessert made of fruit juice, sugar and milk or cream.

**Shortening.** A fat suitable for baking or frying.

**Shred.** To tear or cut into small, but long narrow pieces.

**Sift.** To pass through a sieve to remove lumps.

**Simmer.** To cook in liquid just below boiling on top of range.

**Skewer.** 1. A long pin of wood or metal on which food is placed and held in shape while cooking. 2. To fasten meat with skewers to keep it in shape during cooking.

**Slice.** To cut a thin, flat piece off and across large food mass, such as meat loaf or roast.

**Sliver.** To cut or shred into long thin pieces.

**Soak.** To immerse in liquid for a time.

**Souffle.** A delicate baked custard containing cheese, fruit, minced meat or vegetables . . . made light by stiffly beaten egg whites.

**Sponge.** 1. A high, light cake leavened with air and steam. 2. A batter made with yeast.

**Steam.** To cook in the steam which arises from a pan of boiling water or other liquid.

**Steam-bake.** To cook in the oven in a pan or baking dish set in a pan of water for steaming.

**Steep.** To extract flavor, colors or other qualities from a substance by allowing it to stand in liquid just below the boiling point.

**Sterilize.** To destroy microorganisms by boiling in water, by dry heat or by steam.

**Stew.** To cook slowly in a small amount of liquid for a long time.

**Stir.** To mix, with a spoon, by rotary motion.

**Stock.** The liquid in which meat, poultry, fish or vegetables have been cooked.

## T

**Tamale.** A highly seasoned Mexican dish of ground meat, seasonings, cooked corn meal, beans, ripe olives and fat, rolled in oiled corn-husks, steamed or boiled.

**Toast.** To brown by direct heat.

**Tortilla.** A thin round Mexican cake . . . made of corn meal and hot water and baked on a griddle. Mexican hot mixtures are often rolled in them.

**Toss.** To lightly mix ingredients without mashing them.

## U

**Until Set.** Until a liquid has become firm. . . often refers to a gelatin or custard mixture.

## V

**Vetsin.** Monosodium glutamate (MSG), a white crystalline substance made from vegetable proteins used to enhance the flavor of foods.

## W

**Whip.** To beat rapidly to produce expansion through the incorporation of air, as in egg whites and whipping cream.



# SOME FOODS YOU DON'T HAVE?

## Use a Substitute

**Ampalaya**—bitter melon (available in Chinatowns).

**Atsuwete**—anatto seeds (achiote).

**Banana bud**—no vegetable in U. S. is near it in texture and flavor.

**Bihon**—rice sticks (available in Chinatowns); may use vermicelli as substitute.

**Buko**—green, immature coconut.

**Bulgur**—cracked wheat.

**Chayote**—known as such in produce sections of markets.

**Gabi**—taro roots.

**Garbanzos**—“chick peas.”

**Gisantes**—peas.

**Gluten**—(See page 33 for how to make it at home.) Sold under such trade names as “Choplets,” “Steaklets.”

**Gulaman**—processed seaweed (agar); use plain gelatin as substitute.

**Kalamansi**—lemon or lime (known as calamondin in Florida).

**Kamansi**—may use any mild-flavored, fibrous vegetable as substitute.

**Kamote**—sweet potato.

**Kangkong**—use spinach as substitute.

**Katuray**—(This is a flower.)

**Kinchay**—celery.

**Labong**—bamboo shoot (available canned).

**Lemon-lime drinks**—sold under such trade names as “7-Up,” “Lemo-Lime.”

**Linga**—sesame seeds.

**Lumpia wrapper**—spring roll wrap-

per (available in Chinatowns).

**Malagkit**—regular American-grown rice.

**Malunggay**—use spinach as substitute.

**Misua**—fine noodles.

**Mongo**—use split peas as substitute (mongo available as such in Chinatowns).

**Patani**—lima beans.

**Patola**—use summer squash as substitute.

**Pinipig**—rice crispies.

**Rice washing**—the water from washing rice.

**Saluyot**—may use spinach as substitute.

**Singkamas**—yam bean root (available in Chinatowns). Use turnip as substitute.

**Sitaw**—tender cowpeas in pods.

**Sotanghon**—bean sticks (available in Chinatowns); noodle may be used as substitute.

**Tahure**—salty red bean curd (available in Chinatowns).

**Tofu**—soft soybean curd.

**Tokwa**—hard soybean curd.

**Ubod**—use bamboo shoot as substitute.

**Ubi**—may use yam or taro as substitute.

**Upo**—use zucchini squash as substitute.

**Vetsin**—monosodium glutamate (MSG), sold under such trade names as “Accent,” “Ajinomoto,” “Pep.”















# BEST RECIPES

for  
the  
Home

